





TRASH CAN PLACEMENT **REMINDERS** Reduce trash on the streets one home at a time A cleaner Englewood starts at your front door! Help keep your neighborhood clean by moving your trash cans from the curb within 24 hours of trash pick-up. To reduce waste and hazardous debris from filling the streets by either wind or wildlife, wait to put out your trash cans only one day before collection. These small steps will help keep our streets clean. For more information about holiday pick-ups, how to properly dispose of items and reminders about trash collection, visit englewoodco.gov/ trash-litter.

WALKABLE HISTORY

Englewood's past comes to life

Englewood has always had a rich history, and now it will be both easier and more fun for residents to learn all about it.

In early 2022, the Englewood Historic Preservation Society (EHPS) and the City of Englewood launched a historic walking tour of various sections of the city. The tour will include brochures, QR-coded signage and a dynamic story map website. The site is filled with photos, videos and other media to educate visitors on some of the most important historical sites around Englewood.

The project began over a year ago when EHPS staff sat down with city staff to brainstorm how to better engage residents in Englewood's history.

"Lots of new people are coming into Englewood, from other states and other parts of Colorado," says Lindsey Runyan, art director and project manager.

She is keenly aware of the many changes that have come to the

city in recent years. "We want to keep history alive; we want to engage both the older and younger community members."

The idea for a walking history brochure quickly took hold. EHPS members collected and assembled information on intriguing and important spots around the city and it quickly grew to more than 100 sites. The first two brochures were for the CityCenter and Downtown areas and featured many sites within those locations. Plans and ideas for more Englewood walking history brochures are in the works.

Runyan points out how people typically spend a lot of time in their cars, removed from their environment. "We want people walking and engaging with their surroundings," she says. "This is all about making our city more walkable and showing the unique history of Englewood."

The city has provided EHPS with funding, including Arapahoe CARES Act dollars, to make this project a reality. To learn more about this project,

please visit englewoodco.gov/historic-archive.

CHRISTMAS COMES EARLY FOR SOME **ENGLEWOOD RESIDENTS**

ENGLEWOOD

ENGLEWOOD

Affordable and memorable gifts for kids in need

The Englewood Christmas Store has a long history of easing the financial burden of the Christmas holiday for local families. The store is designed to provide an affordable, attainable and memorable Christmas shopping experience for neighbors in need.

On Saturday, December 11, Bishop Elementary will be completely transformed into a Christmas retail shopping experience. Shoppers are surrounded by festive Christmas decor, cookies, hot drinks and more. Free childcare is available for caregivers while they shop for their kids at the event. Parents and caregivers may choose up to two gifts per child who are registered. Each gift is valued at \$25, but shoppers only pay \$5 each at check out. There is also a fully equipped wrapping station to wrap and label gifts so they are ready to go before kids are picked up from childcare.

This year, the Englewood Christmas Store is asking for donations to bring even more families gifts this Christmas. Donations of \$25 are appreciated, but other monetary donations are also welcomed.

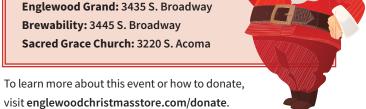
The Englewood Christmas Store has a Target registry where donations can be made right from their website to make the donation process even easier.

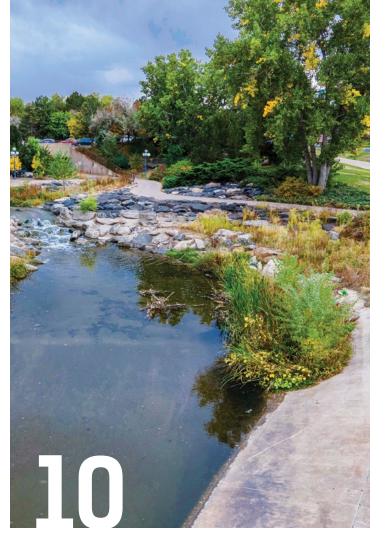
A new addition to the event this year is providing fresh groceries for families to take home with them. Other resources like career training services and tutoring for kids will also be at the event

Gift and Donation Drop-Off **Locations in November:**

Brewability: 3445 S. Broadway Sacred Grace Church: 3220 S. Acoma

To learn more about this event or how to donate,











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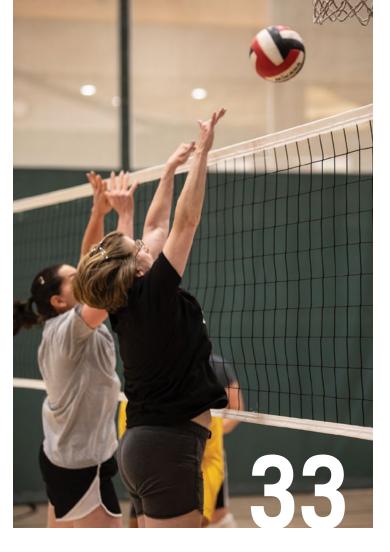
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LINDA OLSON MAYOR OF ENGLEWOOD



This is a bittersweet moment for me. As you read this, I will be finishing up my last week as Mayor of Englewood and council member of District 2 after 12 years. It has been equally an honor and the toughest thing I've done in my life, but I have no regrets. There are so many people to recognize and thank.

First, are the residents of District 2. You supported me, exhorted me, trusted me, and encouraged me. You are the ones who kept me going and made my service meaningful.

Second, thanks to our city staff, directors, city attorney and city manager. Our city is so fortunate to have you and often

underestimate the work you do on our behalf. Thank you for your vision and hard work to make Englewood a great place to live, work and play.

Third, I thank our businesses and places of employment. Your tenacity during the great recession during my early years on council, and now through a pandemic at the end of my term, inspire me. Thank you for investing in our economic vibrancy.

Fourth, I thank our past and current councils. Few understand the work of our team of seven. You know that without each other's perspectives, we would not make the best decisions on behalf of all. I have learned so much from you. I wish the very best for the next council and mayor and will be cheering you on.

Finally, I'd like to share a few council and city successes over the last 12 years. There are so many, but these are some of my favorites:

- Finalist for an All-America City award in 2021
- Kept budgets balanced during the Great Recession
- Established a citizen Budget Advisory Commission
- Established a citizen Historic Preservation Commission
- Contracted with Denver Fire to save taxpayer money
- Built a new police station
- Established solarization and sustainability practices at city facilities
- Created bike lanes and creative cross-walks
- Created a strategic plan and quarterly goal review processes
- Adopted a comprehensive parks plan and won millions in park renovations
- Developed mental health co-responder program to work in tandem with police
- Established a restorative justice program partnering with your courts
- Completed a police reform review and enacted 30 changes in practices
- Created South Platte Renew biogas recapture project
- Adopted city's first sustainability plan
- Established the Tri-City Homelessness Policy group and adopted the city's first action plan

I am proud of our city and hopeful for the future ahead. Stay engaged.

With thanks,
Linda Olson, Mayor, District 2
lolson@englewoodco.gov • 303-503-4020



Please note that the *Englewood*Citizen magazine went to press prior
to the 2021 city council election.



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What is it that you love most about Englewood? There would be numerous responses to that question, but I believe an overwhelming majority of the residents would respond; it is our community's "small-town feel!" I would suggest one of the ways we experience that small-town feel is in our neighborhoods.

This past August and September,

we were afforded several opportunities to experience community through neighborhood events. In August, there were National Night Out Block parties. Neighbors across the city got together in their respective neighborhoods just to relax and enjoy time together. There were Neighborhood Nights where people could enjoy food and entertainment in various local parks. Then on September 18, the city hosted the annual Block Party on Broadway. Each of these events was very well attended. It was exciting to see people once again getting out and engaging with each other and frequenting the local businesses.

The Englewood Historic Preservation Commission (EHPC), established in April 2017, came up with the idea to name neighborhoods in the city based on original subdivision names. They have been working on this difficult project over the past four years and have developed a preliminary map. The EHPC is soliciting public input before finalizing the names and boundaries on the map. They will be hosting an open house in November. I would encourage you to attend this meeting and give your feedback to the commission. I am very excited about this project because I believe it is one step toward protecting the history of our city and the identity of our neighborhoods. Our neighborhoods are very important, and we must protect them. The EHPC is also pursuing legislation that will help preserve the character of our neighborhoods as we begin the rewrite of the Title 16 development code.

Please do not hesitate to contact me with your questions and concerns. I consider it a great privilege and responsibility to be your public servant.

God bless you all! Together we make a difference!

Rita Russell, Council Member at Large rita4council@comcast.net • 303-639-6181



I'll start by providing an update on why I decided to run for city council in the first place; the Biogas project at South Platte Renew. The Biogas project intended to capture the methane that was a byproduct of cleaning our wastewater. Instead of just burning it off into the atmosphere, turn it into fuel. Methane is considered one of the most harmful greenhouse gases

for our planet, but thanks to our partnership with Xcel Energy, we have not only reduced our carbon footprint but now added an additional revenue source.

Since going live in October 2019 through August 2021, over 120 million cubic feet of biogas has been harvested. This is the equivalent of removing 251 metric tons of methane or 7,027 metric tons of carbon dioxide from the atmosphere. Or to put it in another way, that is equivalent to removing the same level of air pollution caused by a car driving 17.6 million miles. Over this time, the value of the natural gas (RIN value) has fluctuated between \$0.80/RIN to the current price of \$3.00/RIN. Even with this fluctuation in price, the SPR biogas project has generated \$2.7 million in revenue since coming online in late 2019.

Earlier this year, city council also announced Englewood's first sustainability plan, including 10 goals centered around air quality, natural resources, community resilience, etc. As part of this sustainability plan, the current Keep Englewood Beautiful Commission was renamed the Englewood Sustainability Commission, with the goal to provide recommendations to city council on projects to consider, such as solar gardens, composting or water-wise projects. For anyone interested in doing their part to improve our environment, please apply for the commission this fall. This is a great chance to make a difference and help Englewood become a carbon-neutral city.

Othoniel Sierra, Mayor Pro Tem osierra@englewoodco.gov • 720-551-3301

The views expressed in the city council member columns are the views of the individual council members and do not necessarily represent the views of the City of Englewood or the city council as a whole.

ENGLEWOOD

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On the cover:
Englewood from above.





Like a Good Neighbor, Snow Buddies are There

Are you in need of snow removal help? Snow Buddies is a program organized by Neighborhood Resources, where they connect those who need snow removal assistance with volunteer shovelers in their neighborhood.

This program is available to Englewood residents who:

- Cannot physically shovel their sidewalk.
- Cannot afford to pay for a snow removal service.
- Do not have any neighbors or individuals living in the home to assist them.

If you are able to help a neighbor in need when the snow starts to fall, please register with the Snow Buddies program and you'll be connected to a neighbor who could use an extra hand.

Visit **englewoodco.gov/neighborhoods** to find out how to become a Snow Buddy volunteer or complete the application process if you are in need.

Neighborhood Holiday Lighting Contest

Does your house, block or business have the most festive decorations in the neighborhood? The Neighborhood Resources Program invites Englewood residents (and business owners) to participate in the Annual Holiday Decorating Contest. You may

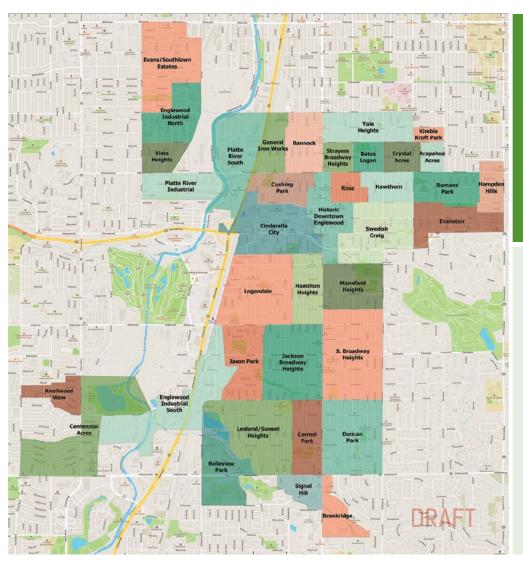
nominate your home, business or talk to your neighbors and nominate your block/ neighborhood. The deadline to submit entries is early December and prizes will be awarded.

Winners will be chosen from the following categories:

- Best House
- Best Block/Neighborhood
- Best Business

Visit englewoodco.gov/neighborhoods for contest details and to download an application.





MAP PROJECT OPEN HOUSE

Wednesday, November 17 5:30-7:30 pm

Englewood Library (1000 Englewood Pkwy.)

This is a starting point, and we can't say everything we've done is perfect – the community is really going to tell us how close we got.

Matthew Crabtree

MAPPING COMMUNITY IN ENGLEWOOD

The City of Englewood is working with the Historic Preservation Commission (HPC) to create a citywide neighborhood map, with the goal of strengthening the Englewood communities of today while preserving the city's diverse history.

Englewood has a few documented neighborhoods, but many unique areas have no formal names or boundaries. The closest thing many residents have to a neighborhood name is a district – like South Englewood – a geographic area much too large to be considered a neighborhood. With that in mind, the HPC, with assistance from the city, started assembling the preliminary neighborhood map in late 2017, utilizing historical subdivision names from Arapahoe County and modern-day locations of significance, as well as referencing many other important historical resources.

The map creators were able to narrow down more than 300 subdivisions (many of which only had one or two houses) into 37 individual neighborhoods, with up to 1,800+ households.

The preliminary map is complete and available for viewing on Englewood Engaged.

"We tried to keep areas grouped together that felt like neighborhoods, that were prominent and associated around certain areas of significance," said Matthew Crabtree, HPC member. "This is a starting point, and we can't say everything we've done is perfect – the community is really going to tell us how close we got."

Learn more and provide feedback by visiting **englewoodco.gov/ neighborhoodmap**. There are several ways to share your thoughts:







Leave a



onload 37 individual neighborhoods, with up to 1,800+ households. a survey us comment open house

ENGLEWOOD'S RESTAURANT SCENE

There's Something for Everyone!

Englewood is a food lover's haven, with dining experiences that range from casual to sophisticated and from haute cuisine to hole-in-the-wall. Of these six featured dining spots, some have been around for years while others are up-and-coming. Whether you have an adventurous palate or prefer comfort food, each of these restaurants has something that's sure to satisfy. But, don't take our word for it - check out these real Yelp reviews from recent diners. For a complete list of restaurants and to receive insider updates and local deals from our growing network of participating restaurants, bars and coffee shops, visit englefood.com.





Check out other can't-miss businesses featured as part of our Eat, Explore, Enjoy campaign online at englewoodco.gov/eee.

Local frems





This place is a true hidden gem. The food was amazing. We had the Chile Relleno and the Asada Torta. If you are looking for a great meal, stop by and check it out. Don't be fooled as it's connected to a gas station in Englewood. It is worth the trip.





Catherine J. Englewood, CO

We love Rico's. It's one of our favorite neighborhood pizza places. The crust is really what makes the pizza so good. We've also enjoyed the salads, subs, and cannolis.





Crystal Ann J. San Diego, CA

We came here on a whim. From the moment we walked in, we were warmly greeted. The host was super attentive and accommodated us despite them officially not being open. The food was AMAZING! Everyone enjoyed their meal (and I have to tell you, this is the best Italian food we've had in a LONG time).





Kevin J. Denver, CO

Steakhouse 10 is phenomenal in every way. The ambiance is cozy and the way they renovated the old house into a restaurant is very tasteful and stylish. Our waiter was topnotch. Go to Steakhouse 10...you won't be disappointed!

Fresh Finds





Jennifer W. Englewood, CO

Love, love, love, The Crab House! Food is amazing and the staff is wonderful! The lobster roll is delicious and it has been a favorite lunchtime go-to for me. So happy you're part of Englewood!





Alice M. Libertyville, IL

The best. All the pastas, calzones, garlic knots, salads everything is delicious. The staff is super nice. You can go into the bakery side and choose from all the different desserts (get the pistachio cookies!) and the jarred pasta sauce! We are so lucky we have this legitimate Italian spot in Englewood. Phenomenal!



ARPA SURVEY RESULTS REVEAL RESIDENTS' SPENDING PRIORITIES

Water, sewer and streets ranked highest

This fall, the City of Englewood will receive \$8.7 million from the American Rescue Plan Act (ARPA) – a \$1.9 trillion economic stimulus bill passed by Congress on March 11, 2021 to speed up the United States' recovery from the COVID-19 pandemic.

Eligible expenditures for ARPA funds include:

- Water, sewer, and broadband infrastructure
- Public health
- Addressing negative economic impacts
- Assisting hard-hit communities and families
- Providing premium pay for essential workers
- Replacing lost public sector revenue

To better understand how residents thought this money should be spent, the city conducted a survey from August 10 to September 10, gathering information on priorities as well as feedback and recommendations from hundreds of Englewood residents.

City staff is using this ranking to recommend how much money to put towards each category, aligning spending with the survey's feedback. The city council will ultimately make the final decision.

"This is an opportunity for Englewood to kickstart some of our massive infrastructure projects we've planned that will now receive additional funding and speed up timelines," said City Manager, Shawn Lewis.

Council will vote on the final spending plan in November, but authorized staff to launch two time-sensitive programs related to COVID-19 response: grants to help businesses hire staff and the vaccine incentive program.

- 1) Water
- 2) Sewer
- 3) Stormwater
- **4** Streets
- 5 Homelessness: Prevention and assistance
- **6** Sidewalks and trails
- 7 COVID-19: Helping businesses recover
- 8 COVID-19: Assisting affected families and individuals
- 9 COVID-19: Premium pay for essential workers
- 10 COVID-19: Prevention and vaccines

SMART BORROWING TO SECURE WATER AND SEWER INFRASTRUCTURE



How Englewood utilities are leveraging federal grant and loan programs to fund critical infrastructure improvements and minimize the burden on residents

Englewood's water supply is one of the city's greatest assets, but the outdated infrastructure it depends upon is one of its largest vulnerabilities. By utilizing federal borrowing programs with favorable loan conditions, Englewood can fund the necessary capital improvements to protect this critical infrastructure for residents now and in the future.

In August, the utilities department applied for the Water Infrastructure Finance and Innovation Act (WIFIA) loan, administered by the Environmental Protection Agency. WIFIA is a borrowing mechanism for municipal water providers to fund the significant costs associated with the execution of capital improvement programs without having to pay with cash. Repayment can occur over many years, resulting in a more equitable share of costs among those that benefit from improvements now and customers that will benefit in the years to come.

The benefits of a WIFIA loan are extensive: WIFIA has a highly competitive cost of borrowing due to the combination of low-interest rates and lower annual maintenance fees. In addition, WIFIA has a loan repayment term of 35 years which exceeds the repayment period of 30 years typically associated with revenue bonds. These favorable loan conditions allow the city to advance projects with modest increases to the water and sewer rates annually. The city will likely close on this loan in early 2022.

The suite of water and wastewater projects proposed in the WIFIA \$50 million loan application extend through 2026 and include:

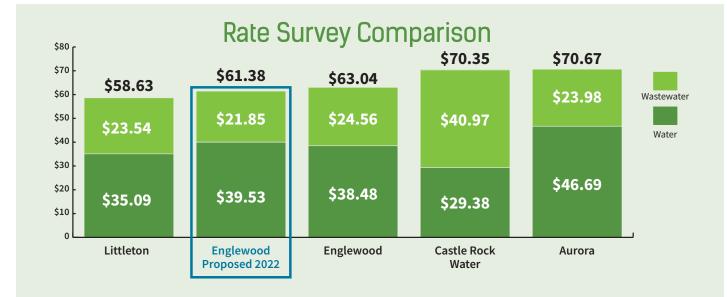
- Improvements to existing pumping and treatment facilities
- Raw water supply improvements
- Lead service line replacement
- Metering improvements
- A new operation complex
- Various process improvements at the South Platte Renew treatment facility

The city is also applying for grant funds through the U.S. Bureau of Reclamation's WaterSMART Water and Energy Efficiency Grant Program, which supports water conservation and efficiency projects. The city's grant application is for \$500,000 to support converting flat-rate customers to metered service.

If successful, the grant and additional budgeted funds will convert approximately 500 customers to metered service, which is about 40% of the remaining flat-rate customers.

Small rate increases help fund big improvements

To continue the necessary investment in Englewood's water system, the 2020 master plan and 2020 rate study included modest water rate fee increases. Effective January 2022, water rates will increase by 4.5%, equivalent to approximately \$1 per month for a typical water bill. However, the inside city sewer treatment rate will decrease in 2022, resulting in a reduced monthly total water and sewer utility bill from 2021.



NEW YEAR, NEW BUDGET

What you need to know about the proposed 2022 city budget

The 2022 general fund budget is balanced with estimated revenues and expenditures/appropriations of \$55.5M. It is expected to be approved by city council and take effect in January.

The proposed 2022 budget reflects the hard work of the council, community and staff to balance sustainable levels of service in operations with a longterm view of additional investment in infrastructure, technology and other initiatives. New to the budget process this year is a project list funded by the American Rescue Plan Act.

The budget includes the addition of 19.5 full-time employees to support current and new programs and builds capacity for city staff to focus on infrastructure projects.

The city also continues to focus on developing and implementing a multi-year strategic plan with seven key categories. Budget enhancements:

Neighborhoods

Local Economy

Move a part-time marketing specialist position to full time.

CodeNext: Update the Unified

■ Partner with the Greater Englewood

Develop an Economic Development

Transportation & Infrastructure

■ Traffic signal technician and

seasonal streets support.

Development Code.

Strategic Plan.

Chamber of Commerce.

Sustainability

- Create a sustainability program.
- Add an assistant forester position.

Governance

 Staffing investments for human resources and finance.

Safety

- Add Police Academy trainees.
- Hire a community relations specialist.
- Expand the restorative justice program.

Compared to 2021

3.8%

14%

3.2%

TROLLEY SURVEY RESULTS

Improvements to the Englewood Trolley will be considered in the 2023 budget

The City of Englewood is considering more convenient ways to travel throughout the city by looking to improve the Englewood Trolley. The free trolley travels from the light rail station by the CityCenter to downtown Englewood, and the Wellness District where Craig Hospital and Swedish Medical Center are located. The trolley runs every fifteen minutes from 6:30 am to 6:30 pm, Monday - Friday.



Survey respondents also shared that they would consider riding the trolley if it offered the following:



Extended hours of operation and adding weekends



Expanded routes and additional stops



Partnerships with restaurants and retail locations to provide incentives

The city is looking towards the 2023 budget to implement these improvements and consider other alternatives for residents to regularly use the trolley and reduce traffic. Information about the full survey results can be found at englewoodco.gov/trolley.

STREET SWEEPING ISN'T JUST FOR LOOKS

Curb-to-curb cleaning keeps roads safe

This fall, Englewood's Public Works Department conducted its biannual curb-to-curb sweeping program – the city street's version of a deep clean.

A curb-to-curb sweep involves moving all vehicles and other items street sweeping staff would normally work around to sweep the entire width of the roadway, maximizing resources to remove all debris from stormwater flow lines and curbs. This not only helps keep Englewood roads looking great, but it also allows stormwater to flow into the correct pipes without flooding the streets, a major safety hazard.

During the biannual sweeps, the best way to support city staff is to move your vehicle away from the tow-away zones (which are marked at least 24 hours in advance). You can check the general schedule on the city's website, though dates are subject to change slightly due to Colorado weather.



The curb-to-curb sweep is the street maintenance division's second largest program (next to snow removal) and still relatively new. The streets team is always looking for ways to improve the process and welcomes feedback via the city website or phone number.

Visit englewoodco.gov/street-sweeping for more information.

STREETS PROGRAM HITS THE PAVEMENT WITH A COMPREHENSIVE SURVEY

Results show the majority of city streets in fair to marginal condition. A plan for maintenance is underway

One of the greatest challenges any city faces is maintaining, preserving and restoring its streets.

Pavement maintenance is similar to home or car maintenance in that certain repairs need to be completed at certain times to avoid much more costly fixes. With this in mind, the city recently surveyed all 123 miles of streets to determine repair work needed.

Field data was collected from a van driven over every city street and equipped to take precise measurements, high resolution video, digital photos and more to determine the quantity, type and severity of distresses to the pavement.

Every pavement segment was then rated on the Overall Condition Index (OCI), a system developed by the Army Corps of Engineers to rate pavement on a scale from 1 (failed pavement) to 100 (newly surfaced pavement). The results of this survey found the current OCI of the city's street network to be 59, with the majority of the city's streets in the fair to marginal category.

"What is concerning is that a large percentage of our streets fall in the fair to the top end of the poor category," said Maria D'Andrea, Director of Public Works. "Without significant investment in the coming years, this could turn into a much more costly problem."

The pavement analysis estimated the costs to rehabilitate all the streets in the network, based on their current rating. This resulted in a total cost of more than \$58M and an annual cost of \$3,318,000. If street maintenance is deferred, more expensive repair strategies may become necessary.

Funding levels for pavement maintenance work have been around \$1.7M annually, but in 2021 that amount increased significantly due to a one-time infusion of \$1.1M from the long-term fund reserves. Repair work is being divided into three categories: routine, preventive and corrective, and it is being addressed in one of five zones of the city on a rotating basis. Areas were also divided along street boundaries to facilitate communications and streamline the public input process.



LET'S GET SOCIAL

Here's a snapshot of what you've missed if you're not following the City of Englewood on our social media channels. From fun and funny to downright important, the city uses a variety of social media platforms to engage and inform the community of what's happening around town.



Flow it Forward: Stormwater Pipe Cleaning

As the City of Englewood continues to Flow it Forward and invest in infrastructure, important steps were taken in 2020 to help keep us safer from flooding. Watch as more than one mile of stormwater pipe was cleared, resulting in the removal of 300 cubic yards of debris. That's enough to fill twenty dump trucks!

Learn more about the Flow it Forward project at englewoodco.gov/flowitforward. #FlowitForward #CityofEnglewood

Meet Flo!

Hello, Englewood!

Walter here to introduce you to Flo! Flo works as a victim assistance service dog at the Englewood Police Department (EPD). She has been working there for 2.5 years! Thank you for all you do for the City of Englewood, Flo! Love, Walter

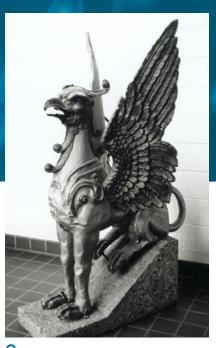
#WalterWednesday
#TaketheleadEnglewood





The Hitch-Hiking Marmot

Today, Code Enforcement/Animal Welfare Officers rescued a lost Marmot outside of Steakhouse 10. A Marmot lives at high altitudes closer to the Rocky Mountain Continental Divide area. It is believed the animal inadvertently hitchhiked within a vehicle down to Englewood. The Marmot appears to be healthy and in great condition. Colorado Parks and Wildlife volunteers will assess and transport the animal back to its native high-altitude habitat.



Englewood Moments in History

Have you ever noticed the Griffin statue that sits atop the steps at the Englewood Civic Center, watching over all who enter? The four-and-a-half-foot statue has quite a story. In this edition of Englewood Moments in History, we learn about the incredible history of the Griffin of Englewood.

#TBT #EnglewoodMomentsinHistory



Englewood's Can't-Miss Events

By following the city on our social media channels, you'll never miss our fun and diverse special events offered throughout the year. In 2021, we brought back community favorites, like the Englewood Block Party, our July 4th Celebration and our outdoor summer concert series. We also added to our event list with a fun Silent Disco and more intimate neighborhood gatherings.



Englewood's Boxing Champ Inducted Into Colorado Sports Hall of Fame

Earlier this week the Selection Committee of the Colorado Sports Hall of Fame voted for six individuals to be inducted in 2022, including boxing champion and Englewood boxing gym owner, DaVarryl Williamson. Williamson rose to popularity with his signature right-hand haymaker, coined the "Touch of Sleep." After turning pro at the age of 32, Williamson went on to finish his career with a 27-8 record, including 23 knockouts. Since its founding in 1965, the Colorado Sports Hall of Fame has only inducted 270 individuals. Congrats, DaVarryl on this amazing achievement! Learn more about Williamson's gym and the gym's youth programs here: tosboxing.com/typ/.

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\$1M GRANT HELPS FUND PARK PROJECTS

Arapahoe County Open Spaces oversees funds generated by a voter-approved, quarter-cent Arapahoe County Open Space Sales and Use Tax. Revenues from the tax support the county's efforts in acquiring open space, building and maintaining parks and trails, managing designated heritage areas and more. Additionally, more than half of the revenues from the tax directly support community partners, including cities, towns and recreation districts through the county's grant and shareback programs.

This year, Englewood's Parks and Recreation Department received \$1,047,974 in open space shareback funds! This money will be used for improvements and beautification for our parks throughout the community.

Shareback funds are used annually for park capital purchases including equipment, tree maintenance, flowers, signage, basketball and tennis courts, irrigation improvements, concrete trail improvements and more. These funds are also used for grantmatching to help strengthen project proposals.

DATA-DRIVEN DECISION MAKING

How the city utilizes GIS, mapping and data to make critical decisions

Geographic Information System (GIS) mapping tools help the City of Englewood make critical decisions and solve real-world problems using empirical data – in other words, they make the municipal decision-making process smarter. For example, data collected can be used to determine which streets need plowing, where the worst potholes are, where income disparity is the greatest and which vacant parcels can be developed. These are just a few of the endless ways the city benefits from geographic data.

Currently, the city has 150 geographic data layers, 40 geospatial applications that are free and open sourced to the public, and many more internal applications, surveys and collection platforms that are used by field staff daily. They help answer questions like, "Why is this fire hydrant degrading quickly?" or "Why is this pavilion not being utilized?"

Dozens of examples of ways data is being collected and utilized to serve residents of Englewood can be found on the GIS site, englewoodco.gov/gis.

ELEVATE ENGLEWOOD LEADERSHIP ACADEMY

Cultivating local leaders

Elevate Englewood is a new program designed to empower residents and stakeholders to make a difference in the city by understanding, navigating and influencing the local power structure.

The eight-week course highlights the four sectors of civic life – public, private, non-profit and education – while exploring new avenues and



tools for involvement that disrupt the status quo and address the community's most pressing challenges.

Participants learn how to influence decision-makers to address community challenges, utilize social media to organize and advocate for change, develop a coalition to influence policy, raise funds to address a need, present to community leaders, learn to lead a local organization, serve on a city board or commission, run for council or school board and more.

Speakers include leaders and influencers from the education, business, non-profit and government sectors of the community.

For more information and to apply for the course, visit englewoodco.gov/elevate.

SEEKING A SAFER ENGLEWOOD FOR ALL

New police department programs improve safety, communication and trust

The Englewood Police Department is committed to providing the highest levels of police service through partnerships that build trust, reduce crime, create a safe environment and enhance the quality of life for those who live and work in the city.

With these goals in mind, the department has implemented several new programs to improve communication and transparency, increase accountability and better serve the Englewood community.



The department now shares a **new records management system** with agencies in Arapahoe
County, allowing for critical information sharing
to help solve and prevent crimes.

Officers are now equipped with **body cameras** to record events as they unfold.
The department implemented this program to show transparency and increase trust by allowing residents to see what officers do.





The co-responder program provides services and resources to those experiencing homelessness and mental health issues. A partnership with the AllHealth Network has been instrumental in providing a level of service that was once outside the scope of traditional policing and allows officers to focus their efforts on crime prevention and reduction.

The department also has a new chief. In August, Sam Watson, a 33-year veteran of Englewood's police force, was appointed chief of police. Chief Watson has prioritized continuing the strong bond with the community and providing excellent police services.







Farewell to Police Chief John Collins and Court Administrator Tamara Wolfe

Two Englewood public servants retired this fall, moving on to new endeavors after decades of service to the city and its residents.

Police Chief John Collins retired in August after 43 years with the Englewood Police Department. He was appointed chief of police in 2011, where he pioneered his passion for community policing, started the Impact Team, developed the co-responder program and led the department through the pandemic and growing concerns about crime.

In 2020, under Chief Collins' leadership, the department completed a community report on Englewood police practices which took an inward look at department operations and addressed community concerns related to use of force and discriminatory practices.

Tamara Wolfe served in the Englewood Municipal Court for 38 years. She brought the court forward with policy, legislation and technology changes. She also assisted the judges in growing and developing the court, including the most recent progressive idea of restorative justice and court navigation.

Upcoming Police Events

COFFEE WITH A COP

Tuesday, December 14 • 7:30 – 9 AM Nixon's Coffee House 871 Englewood Pkwy.



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ENGLEWOOD SCHOOLS CELEBRATE GAINS IN STATE TEST SCORES

Academic achievements realized despite COVID-19 pandemic

Last spring, Englewood Schools' students, as well as students across the state of Colorado, took state assessments that help measure their academic growth and achievement. Due to the COVID-19 pandemic, participation in the exams was lower than usual; however, the assessments students took in spring 2021 had expectations consistent with previous years.

Overall, as scores across the state mostly decreased, Englewood Schools had a higher percentage of students meeting or exceeding expectations in several grades/subjects when compared with 2018/2019 (students did not take state assessments in 2019/2020):

GRADE 6	GRADE 7	GRADE 8	PSAT 9	PSAT 10
Math	English	Math	English	English
	language		language	language
	arts		arts	arts
				•••••••••••••••••••••••••••••••••••••••
				Math

At individual schools, Englewood Schools also saw growth and achievement in the following areas:

- Bishop Elementary had a much higher percentage of students meeting/exceeding expectations in Grade 4 and Grade 6 math.
- Charles Hay World School had a higher average score in Grade 5 English language arts.
- Cherrelyn Elementary had a much higher percentage of students meeting/exceeding expectations in Grade 6 math.
- Clayton Elementary had a higher percentage of students meeting/exceeding expectations in Grade 3 English language arts.
- Englewood Middle School had a higher percentage of students meeting/exceeding expectations in Grade 7
 English language arts.
- Englewood Leadership Academy had a higher percentage of students meeting/exceeding expectations in Grade 6 math and Grade 7 English language arts.

Englewood Schools was able to offer meaningful learning opportunities to students despite the challenges of COVID-19. Congratulations to the students and staff members who continue to work together to overcome obstacles while learning and growing together.

Saturday, November 27 • 9 am to 2 pm South Platte Renew: 2900 South Platte River Drive

ANNUAL GREASE AND OIL TAKEBACK EVENT

Dispose of your used grease and oil safely, for free

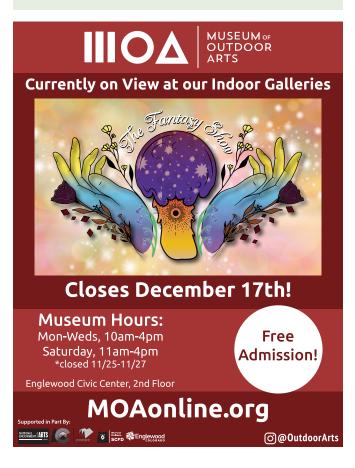
Residents within the water recovery facility's service area, which includes the cities of Englewood and Littleton, as well as 19 connecting sanitation districts, are invited to drop off up to 10 gallons of used oil and grease per household.

Disposal Prep:

- Cooking oil and automotive oil must be separated into different containers and be free of contaminants such as fuels, solvents or water.
- Cooking oil should be liquid and free of food debris.
- Oil filters, antifreeze or oil from commercial businesses will not be accepted.

Questions?

Contact South Platte Renew at 303-762-2600 or sprcommunications@englewoodco.gov.



HOME OR HABITAT?

An increase in urban wildlife necessitates extra precaution

When nearly all activities were shut down due to the coronavirus pandemic, many Coloradoans turned to the outdoors for fun, exercise and just to get out of the house. The number of people utilizing our outdoor spaces like trails, state parks and other open spaces increased up to 10 times what was normally expected – a shift that had many downstream effects.

In search of quieter and less populated areas, large game animals such as deer, elk and even predators like coyotes, foxes, bobcats and mountain lions found their way onto golf courses, creek beds, urban green spaces and even residential backyards. Most cities on the Front Range, including Englewood, have reported an increase in wildlife complaints and unexpected encounters.

On July 8, Englewood police officers along with code and animal welfare officers responded to a report of a mountain lion under the deck of a home located near Englewood High School. The animal was found by the resident when they noticed the family cat was acting odd. While investigating the cause for concern, the resident came eye to eye with the mountain lion. With the help of Colorado Parks and Wildlife, the animal was safely tranquilized, tagged and relocated to a suitable habitat.



With events like this one in mind, it is important for residents to be wildlife aware and take the following measures to avoid conflicts:

- Make sure trash is properly stored with secure lids.
- Remove other food attractions such as bird feeders and pet food, and regularly clean outdoor grills.
- Secure windows and doors.
- Supervise children and pets when they are outdoors.
- When leaving or returning early in the morning or at dusk, turn lights on.

If you encounter threatening wildlife, do not run – remain calm, find a secure location in a car or home and call 911.

DEVELOPMENT HAPPENS

Let's make it work for everyone

Englewood Downtown Development Authority (EDDA) is a longterm champion for the Central Business District (which includes Downtown, CityCenter and the Wellness District), revitalizing it over time to be more economically vibrant, connected, safe and green.



Major improvements are needed to support local businesses, attract new families, improve old infrastructure and redevelop areas in decline. A reenergized downtown will bring more customers to local businesses, more students to Englewood schools and more tax revenue for the city to provide quality services to everyone.

The EDDA would like to undertake large projects recommended in the Englewood Downtown Plan that cost millions, not hundreds. For example:

- Make Old Hampden safer, more accessible and easier for people to get around.
- Repurpose alleys along South Broadway and Old Hampden into lively gathering places.
- Revitalize CityCenter into a transit-oriented village with new places to live, work and socialize.

Colorado downtown development authorities finance large projects like these. For more information about the EDDA, visit englewooddowntown.com.

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OFF-LEASH DOG RULES MODIFIED FOR 2022

New regulations take effect January 2022

Off-leash dog parks have been a debated issue in Englewood for more than 20 years – the city is home to many dog owners who want

a space for their furry friends to run freely, as well as young families wary of having dogs loose near playgrounds, soccer fields and gathering places.

In March 2020, the topic was brought to the forefront again when residents near Emerson Park reached out to the city council to see if the park could be added to the off-leash program.



City council requested staff to take a deeper dive into the off-leash program and related complaints brought to council over the years. Staff gathered information and feedback via resident surveys, task force meetings, parks and recreation commission sub-committee recommendations as well as countless emails, phone calls and public comments made at city council meetings for and against the off-leash program.

As a result of this process, the following changes will be made to the Englewood off-leash program:

- Residents will still be allowed to have their dogs off-leash in four parks in Englewood: Jason Park, Duncan Park,
 Northwest Greenbelt and Canine Corral.
- A fence will be installed at Jason and Duncan parks separating the off-leash area from the other park amenities like picnic shelters and playgrounds.
- The Centennial Park off-leash area will be removed.
- Off-leash hours will be limited to 6 AM 11 AM and 6 PM – 11 PM (March 1 – October 31) and 6 AM – 11 PM (November 1 – February 28).

"We hope by installing a single fence it will help separate the off-leash dogs from the other park amenities so people can enjoy the park without the conflicts we have had related to off-leash dogs," said Christina Underhill, director of parks, recreation, library and golf.

Changes will take effect in January 2022, with a review period of one year.

THE ZONE! FUNCTIONAL TRAINING CENTER

The ZONE is a one-of-a-kind fitness room with a wide range of challenging stations for all levels and abilities. The ZONE features a HOIST® Fitness MotionCage®. The MotionCage® is a functional training system that allows you to create a station-based workout to increase endurance and strength.

A functional training system like no other, the MotionCage® system offers exercise stations that can be customized to best suit your workout needs.

The goal of functional training is to create exercises that mimic activities of daily living while strengthening your core and frame. The MotionCage® includes a heavy bag, TRX®, squat rack, chin-up station, rebounder, cable-driven station, jump platform and triceps dip area.

In The ZONE room you'll find a cardio warm-up area, free weights, medicine balls and kettlebells. There are limitless fitness opportunities to meet your needs.

The ZONE! is available for drop-in use during your visit to the Englewood Recreation Center except when classes are being held.



Visit The ZONE inside the Englewood Recreation Center today. Sign up for classes or drop in at your convenience. Learn more and check class schedules at **englewoodco.gov**.



GET OUT AND EXPLORE!



Park and Open Space Area Hours: 7 days a week, 6:00 AM – 11:00 PM.

Park Use Permits: Required for groups of 15+ people who will use the park but do not require a pavilion. Commercial use of a park, including individuals or businesses organizing classes or services, requires a Park Use Permit, \$100 permit fee and evidence of additional insurance. No more than four Park Use Permits will be issued to the same group or individual during a calendar year. Call 303-762-2684 for more details about Park Use Permits.

Special Event Licenses: Call 303-762-2490 for Special Event requirements, fees and licenses.

Athletic Field Use: Athletic fields must be reserved in advance for any organized play or practice. Call 303-762-2697 for field rental information and availability.

Drug and Alcohol Policy: Alcohol and marijuana are prohibited in all Englewood Parks and Open Spaces.

No Smoking: All Englewood parks are smoke- and vape-free.

Park shelter reservations begin January 3, 2022 and can be made online at englewoodrec.org/play. Shelters are available to reserve April 16 - October 16. For assistance, call the Englewood Recreation Center at 303-762-2680.

- 1. RiverRun **Trailhead** 2101 W. Oxford Ave.
- 2. Belleview Park 5001 S. Inca Dr.
- 3. Cushing Park 700 W. Dartmouth Ave.
- 4. Centennial Park* 4630 S. Decatur St.
- 5. Jason Park* 4299 S. Jason St.
- 6. Bates/Logan Park 2938 S. Logan St.
- 7. Baker Park 2200 W. Wesley Ave.
- 8. Romans Park 1800 E. Floyd Ave.
- 9. Rotolo Park 4401 S. Huron St.
- 10. Duncan Park* 4880 S. Pennsylvania St. 20. Emerson Park
- 11. Barde Park 3150 S. Downing St.
- 12. Miller Fields 3600 S. Elati St.

- 13.Brent Mayne & **Union Fields** 3501 W. Union Ave.
- 14. Colorado's Finest High School of Choice 300 W. Chenango Ave.
- 15. Canine Corral 4848 S. Windermere St.
- 16. Englewood **Community Garden** 601 W. Dartmouth Ave.
- 17. Northwest **Greenbelt*** Zuni St. to Pecos St.
- 18. Southwest Greenbelt Huron St. to Bannock St.
- 19. Clarkson Park 2795 S. Clarkson St.
- 2929 S. Emerson St.
- 21. Big Dry Creek 4700 S. Wyandot St.

*Off-Leash Areas

DOGS IN YOUR PARKS

Please pick up after your dog and follow posted guidelines so everyone can enjoy your parks at all times.

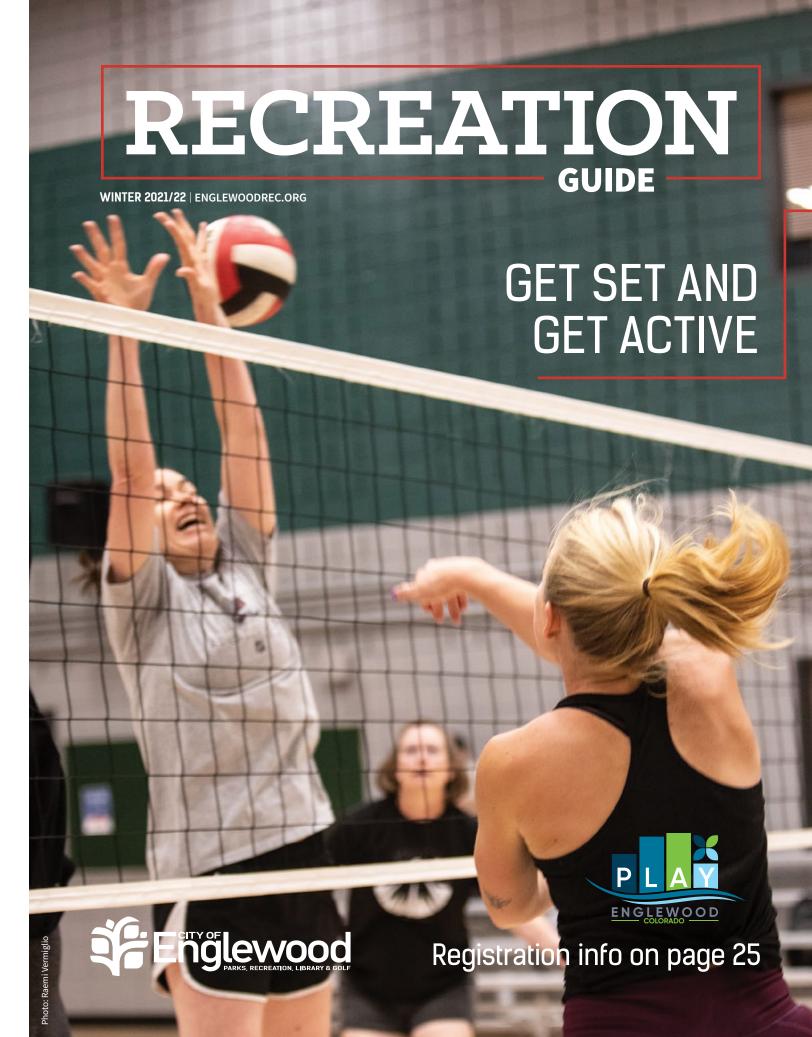
Canine Corral: 4848 S. Windermere St. Open daily from 6 AM-11 PM. Dogs must be under voice command at all times and have current vaccinations. Additional requirements can be found online.

*Off-Leash Areas: Dogs may be off leash and under voice control during posted



hours at Duncan Park, Jason Park and Centennial Park (through 12/31). Dogs must have current vaccinations and remain out of playgrounds, pavilions and athletic fields. As of 1/1/22, off-leash: Canine Corral, Jason Park, Duncan Park and Northwest Greenbelt. Visit englewoodco.gov/offleash for additional information.

Park use and pavilion reservations will follow the most up-to-date health guidelines. Visit englewoodco.gov/play for details.





ID CARD

RECREATION FACILITIES

All program and center participants are required to obtain an ID Card for access. (No card needed for spectators or rental guests.)

Resident ID Cards

\$3 - valid 3 years from date of purchase. Englewood residents must obtain a Resident ID card for each member of the family who wishes to receive the discounted Resident Fee rate. A valid photo ID with current address or documentation verifying current City of Englewood address (vehicle registration, utility bill or phone bill, etc.) must be provided. Create a household account to register online.

Non-Resident ID Cards

Non-residents will receive their first ID Card for free.

Gvmnasium

Full-size gym for basketball, volleyball and other court activities.

Fitness Amenities

Cardiovascular rooms including ellipticals, stationary cycles and treadmills. Comprehensive weight rooms including free weights and weight-bearing machines.

The ZONE

Check out this functional training system that will elevate your workout. Multiple exercise stations can be customized to meet your level of training. Stations include squat rack, renegade station, high-low pulleys, heavy bag, monkey bars, traversing walls, rebounder, jump platform and dozens of attachment points for straps. Tetro Performance offers a variety of fitness classes using The ZONE room. Register online at tetroperformance.com and check out page 49 for current classes.

Locker Rooms

Showers and lockers available to all paid guests; bring your own lock and towel.

Facility Rentals

Our Recreation Centers and Community Parks offer individual and group rentals (classrooms, pools, gym, multipurpose rooms, kitchen and park shelters) to host your next meeting, gathering or celebration. Please visit englewoodco.gov for current rental information.

Corporate Rates

Englewood business owners, officers and directors of a corporation located within the legal city limits are eligible to apply for significantly discounted Corporate Rates. Please contact 303-762-2680 or recreation@englewoodco.gov.

Individuals with Disabilities Program

The City of Englewood strives to mainstream individuals with disabilities into our recreation programs. Qualified individuals with disabilities are provided with reasonable accommodation to receive equal opportunity of inclusion. For additional information, contact 303-762-2680 or recreation@englewoodco.gov.

Financial Assistance for Englewood Residents

Please contact 303-762-2680 or recreation@englewoodco.gov.

Wellness Insurance Programs (WIP)

Englewood and Malley Recreation Centers honor Wellness Insurance Programs, including SilverSneakers, Renew Active and One Pass. Please check with your insurance provider to determine which program they offer so you can participate in fitness, swim classes and other activities for free. These programs can be purchased through Medicare Advantage or a Medicare Supplement plan (Medigap). Contact your health insurance provider for eligibility.









DECDEATION & EVENT STAFE

RECREATION & EVENT STAFF						
Recreation Managers	Brad Anderson – Aquatics Allison Boyd – Facility/Programs	banderson@englewoodco.gov aboyd@englewoodco.gov				
Englewood Recreation Center Supervisors	Sara Stant Joyce Musgrove Kathy Wallace – Aquatics	sstant@englewoodco.gov jmusgrove@englewoodco.gov kwallace@englewoodco.gov				
Malley Recreation Center Supervisors	Cheryl Adamson Shelly Fritz-Pelle	cadamson@englewoodco.gov sfritz@englewoodco.gov				
Open Space Activities Supervisor	Lindsay Peterson	lpeterson@englewoodco.gov				
Events Supervisor	Toni Arnoldy	tarnoldy@englewoodco.gov				



ENGLEWOOD RECREATION CENTER

Fun for all ages • 303-762-2680 • 1155 W. Oxford Avenue

The Englewood Recreation Center, a full-service community facility, offers activities for all ages. The center offers an indoor track, 25-meter eight-lane pool, The ZONE functional training center, four racquetball/wallyball courts, gymnasium, cardiovascular and weight training rooms.

Hours of Operation M-Th: 6:00 ам <u>- 9:00 рм</u>

6:00 ам – 8:00 рм Sa & Su: 8:00 AM - 3:30 PM POOL CLOSES 30 MIN BEFORE CENTER

Holidays 12/24

6:00 AM - 2:00 PM 6:00 AM – 2:00 PM

Center Admission

Admission includes use of fitness amenities: pool, weight rooms, cardio, The ZONE functional training room, running track (6.5 laps = 1 mile), gymnasium and racquetball/walleyball/handball courts.

	GENERAL:	3 - 54 Years	ACTIVE ADULT	: 55 - 82 Years
Туре	Non-Resident	Resident	Non-Resident	Resident
Daily Admission (Recreation ID Required)	\$6.00	\$4.75	\$5.50	\$4.00
25-Visit Pass	\$105.00 (CPV \$4.20)	\$84.00 (CPV \$3.36)	\$80.00 (CPV \$3.20)	\$64.00 (CPV \$2.56)
Fitness Drop-In Class	\$10.00	\$8.00	\$10.00	\$8.00
Annual Pass Active adults ages 55–82 can enjoy use of both Recreation Centers with this pass for drop-in use.	\$390.00 (\$32.50/mo)	\$312.00 (\$26.00/mo)	\$356.00 (\$29.67/mo)	\$225.00 (\$18.75/mo)
Premier Annual Pass* Upgrade your ERC annual pass to include eligible group fitness classes, one personal training session and four guest passes. (See pages 49 through 53 for eligible fitness classes.)	\$465.00 (\$38.75/mo)	\$387.00 (\$32.25/mo)	\$430.00 (\$35.83/mo)	\$300.00 (\$25.00/mo)
Platinum Pass (83+) Ages 83 and up are free to enjoy drop-in use of the Englewood and Malley Recreation Centers.	-	_	FREE	FREE
	Courts are reser	ved by the hour		
Racquetball/Walleyball/Handball Recognized User Groups see Center Supervisor for rates.	Courts are reserved by the hour. Reservations are accepted two days in advance. Fee included in center admis		enter admission.	
Corporate Rates	Call for pricing; pricing based on residency and number of visits purchased.			

^{*}All Annual passes are eligible for monthly auto-debit program. Annual & Platinum Active Adult pass good for both ERC and Malley Recreation Centers.

HOW TO REGISTER



ONLINE: Submit registrations anytime at englewoodrec.org. Payments must be made with Visa, MasterCard, Discover Card or American Express.



WALK-IN: Registrations are accepted at the Englewood **Recreation Center or Malley Recreation Center** during regular business hours.



PHONE: Call 303-762-2680 or 303-762-2660 during regular business hours.

Policies and Enrollment

All registrations are processed in the order they are received. At the beginning of each registration period, Englewood Resident ID cardholders are given priority and are able to enroll two days before non-residents. During this period, non-resident registrations are accepted and prioritized by date/time. After this process, all registrations are handled on a first-come, first-served basis. All checks are payable to the City of Englewood. Checks are accepted for payment, provided they are for the amount of purchase only, local (Colorado), preprinted with customer's name and address, and have a valid Colorado driver's license or Colorado ID card number on them. A \$25 service charge will be assessed on any returned check.

MALLEY RECREATION CENTER – Where Fun Never Gets Old! For ages 55 and better • 303-762-2660 • 3380 S. Lincoln Street

The Malley Recreation Center and programs promote healthy lifestyle and social activity. Enriching programs including fitness, outdoor adventures, education, excursions, extended travel, special events, VOA lunch, drop-in activities, arts and crafts, and more. Home to the highest quality Pilates Reformer machines.

Hours of Operation					
M-F	8:00 ам – 5:00 рм				
Sa	9:00 am – noon				
12/24	8:00 ам – 2:00 рм				
12/25	CLOSED				
12/31	8:00 ам – 2:00 рм				
1/1	CLOSED				
2/28 – 3/6	CLOSED FOR ANNUAL MAINTENANCE				

Participants 55 years of age and older receive class/program registration priority; adults 18 years and older may register for classes/programs based on availability. The Malley Fitness area and computer access are not available for those under age 55. All classes and special events are available to all ages.

Wellness Insurance Programs (WIP)

Englewood and Malley Recreation Centers honor Wellness Insurance Programs including SilverSneakers, Renew Active and One Pass. See page 24 for more information.

Volunteers of America (VOA) Nutrition Program

The Malley Recreation Center and Volunteers of America have teamed up to provide lunch Monday through Friday. Dine-in or to-go options are available. Doors open at 11:30 AM and lunch is served from 11:45 AM – 12:15 PM. For to-go, lunch must be picked up by 12:15 PM. Reservations are required and must be made by

noon two days in advance. Please call 303-762-2660 to reserve your space. Monthly menus are available online at **englewoodco**. **gov** or at the front desk. Suggested donation is \$2.50 for ages 60 and over; or a spouse of an eligible person. For guests under 60 years, it is \$8.50.

Visiting Nurse Association

Provides quality, affordable health care including foot care, blood pressure checks and monitoring of chronic conditions. Appointment only. Call 303-698-6496.

Social Pass

This pass allows 12 months of access to all the Malley Recreation programs that do not include a class number. Activities with this pass include fitness center, game room, computers, bridge, bunco, billiards, lobby access, table tennis, pickleball and drop-in gym.

	ACTIVE ADULT: 55 – 82 Years			
Туре	Resident	Non-Resident		
Social Pass	\$48.00	\$60.00		
Annual Pass (Multi-Facility)	\$225.00 (\$18.75/mo)	\$356.00 (\$29.67/mo)		
Premier Annual Pass	\$300.00 (\$25.00/mo)	\$430.00 (\$35.83/mo)		
Platinum Pass (83+)	FREE	FREE		



Pickleball

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Pickleball is a low-impact, active game combining elements of badminton, tennis and table tennis. Players use paddles and a plastic ball in a court with a low net. It's easy to learn this quick, fast-paced, competitive game. Equipment is available. Annual or daily pass required. Due to COVID-19 guidelines, hours of operation are subject to change. For hours of operation, call 303-762-2660 or visit englewoodco.gov/play.

D	ROP-IN P	PICKLEB	ALL SCHEDUL	E	Reservations are required. Courts are subject to availability.			
	Level	Su	М	Tu	W	Th	F	Sa
MRC	Beg./Int.	_	11:30 ам – 1:30 рм	_	_	_	11:30 АМ – 1:30 РМ	_
Ξ	Adv.	_	1:30 - 5:00 PM	_	2:30 – 5:00 рм	_	1:30 - 5:00 PM	_
ERC	Beg./Int.	_	_	_	_	_	3 – 5 РМ	_
CFHSC	Beg./Int.	_	_	1-5 РМ	_	1-5 РМ	NOON - 4:30 PM	_
_ F	Adv.	1-5 PM	_	8 am – noon	_	8 am – noon	_	_

 ${\sf MRC = Malley \, Recreation \, Center, \, ERC = Englewood \, Recreation \, Center, \, CFHSC = Colorado's \, Finest \, High \, School \, of \, Choice}$

MALLEY RECREATION CENTER SOCIAL PASS

SELF-LED PROGRAMS – REQUIRES SOCIAL PASS								
Class	Activity#	Dates	Days	Time	Location	Fee	Res	
BYOC Crafters Group Do you start projects and have difficulty finishing them? If you answered "yes," then this is the group for you! Bring your supplies and join others who love to craft too! Large tables and sewing machines are provided.	11760611	12/6 - 2/21	М	1:00 – 3:00 РМ	MRC	\$16	\$13	
Open Paint Studio Looking to finish or start a painting? And make new friends? Then Open Paint Studio is for you! This class is a self-led activity. Bring your supplies and join others who love to paint. Easels are available for student use.	11761411	12/7 - 2/22	Tu	1:00 - 3:30 PM	MRC	\$16	\$13	
Drop-in Woodcarving For carvers with some experience. A carving glove and thumb guard are required.	11762512	12/1 - 2/23	W	2:00 - 4:00 PM	MRC	\$16	\$13	

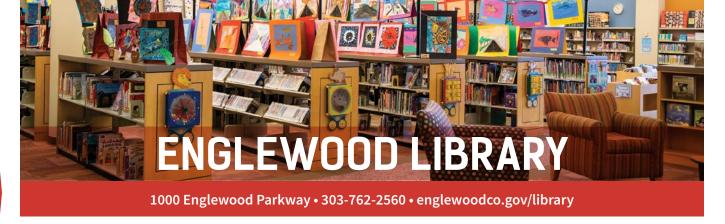
DROP-IN PROGRAMS – FREE OR REQUIRES SOCIAL PASS							
Class	Dates	Days	Time	Fee			
Bridge Group Enjoy duplicate bridge and bring a partner.	12/2 – 2/22	Tu	12:30 – 4:00 РМ	SOCIAL PASS			
Table Tennis The sport can be played as single or doubles. Great for beginners and more advanced levels.	12/2 - 2/22	Tu/Th	12:30 – 4:30 РМ	SOCIAL PASS			
Retirement Support Group Gather with other retirees to share thoughts and stories about retirement topics such as friendship, loss, leisure, purpose and much, much more.	12/1 - 2/23	w	10:00 - 11:00 AM	SOCIAL PASS			
Movie Time Join us the second Friday of the month to watch a free movie on the big screen. Popcorn available for 25 cents. Watch for monthly flyers or call 303-762-2660 the week of the movie.	12/10 1/14 2/11	F	1:00 рм	FREE			

To verify if drop-in programs are happening, please call 303-762-2660 or visit englewoodco.gov/play.



MALLEY RECREATION CENTER

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ADULT PROGRAMMING

Sober Curious? Ready to Mocktail?

Saturday, December 4 • 10:00 - 11:30 AM

We're not talking temperance, but if you're trying to cut back on ABVs (alcohol by volume) join us for an entertaining time learning about mocktails. Whether you're working on physical or mental health or just trying to cut back on calories, come give these refreshing beverages a try.

Location: Perrin Room

Winter Reading Challenge

December 2021 – March 2022

Please join Englewood Public Library for our second annual Winter Reading Challenge! Have fun while you read, explore, and discover new books, movies, and services provided by your local library. Check out our website to register. Prizes while supplies last. Location: Various

Book Club Holiday Bash

Saturday, December 11 • 2:00 - 4:00 PM

We've spent the whole year reading the same books, discussing whether or not we liked them and how the stories impacted us. Let's get together and share some holiday treats and talk about well - some more books! No registration required.

Location: Anderson Room

Let's Get Crafty

2nd Sunday of the month beginning December 12 • 2:00 - 3:30 PM Seize your opportunity to broaden your crafting horizons. Join us on the second Sunday afternoon of each month to learn a new craft. We'll provide the space and the supplies. For adults. No registration required.

Location: Anderson Room

Cross-Generational Communication

Monday, January 24 • 6:00 - 7:30 PM

How many generations do you work with or serve? What are you missing if you can't communicate well with everyone? Learn to identify personal biases and strengthen your skills to achieve more professional success, and to experience greater personal satisfaction and influence in your multi-generational environment. Location: Anderson Room

The Reciprocity Collective

Every Monday morning • 9:30 AM - NOON

TRC engages with individuals who are experiencing poverty and/or homelessness. They connect people with resources to meet needs for medical and mental health, food and nutrition, family wellness and employment. Drop by to see how we can help. Location: Study Room 105

Memory Café

2nd Monday of the month • 2:00 - 4:00 PM

A fun place to socialize, relax and engage for people experiencing memory loss and their caregivers. Each cafe has an activity to facilitate social connection for individuals with shared experiences. Just be yourself!

Location: Hybrid Anderson Room and virtually through Zoom.

December - The Healing Art of Music

January - Seated Yoga

February - Boulder Museum of Contemporary Art

Day Dreamers Writing Group

2nd & 4th Tuesdays of the month • 2:00 -4:00 PM

Join our daytime writers' group! We'll meet twice monthly to share our work and discuss our writings. All levels welcome. For adults. No registration required.

Location: Perrin Room

Please visit our website to grab all the details on our regularly scheduled programs and services.

Books@the Bar!

28

- Citizenship Tutoring
- Creative Writing Group
- · English Language Tutoring
- French Conversation Circle
- Novels@Night
- Sack Lunch Sagas
- Sit-n-Knit
- Your Next Read!

CHILDREN'S PROGRAMMING

Storytime

Children learn naturally when they read, sing, write, talk and play! Our interactive storytimes combine books, songs, rhymes and fun.

TODDLER STORYTIME

This storytime will engage your children with short stories, finger plays, action rhymes and songs. Your child will learn sounds, letter recognition and new words all while having fun.

Every Monday and Tuesday @ 10:30 AM For children 18 months to 3 years old

BABY STORYTIME

This lap sit storytime will develop a love of reading by using books, songs, movement and rhyme. The program will help improve motor, sensory and social skills with caregiver and baby interactions.

Every Wednesday @ 10:30 AM

For children up to 18 months

VIRTUAL PAJAMA STORYTIME

Join us live via Facebook every Wednesday evening to enjoy books, songs and activities designed to help children settle their minds and bodies to get ready for bedtime.

Live on Facebook - Every Wednesday @ 7:00 РМ For children of all ages

PRESCHOOL/FAMILY STORYTIME

This storytime features longer books accompanied by a variety of activities, including songs, flannel boards, finger plays, puppetry and dramatics.

Every Thursday and Friday @ 10:30 AM For children of all ages

For Children of All Ages

Head to the library after school for these special programs tied to STEM, art, literacy and music. No registration required.

12/9	Th	4:00 P
1/13	Th	4:00 P
1/27	Th	4:00 P
2/10	Th	4:00 P
2/24	Th	4:00 P

Winter Break Programs

Staying in town for winter break? Need to get the kids out of the house? Join us for some fun afternoon activities.

12/20	M	1:00 PM	Movie
12/21	Т	1:00 PM	Activit
12/27	М	1:00 PM	Movie
12/28	Т	1:00 PM	Activit
1/3	М	1:00 PM	Movie



EVERY CHILD READY TO READ

At Englewood Public Library we believe that public libraries can have an even greater impact on early literacy through an approach that focuses on educating parents and caregivers using everyday skills such as:

TALK

Did you know one of the most important ways to help children be prepared for school is simply to talk with them frequently? The more words a child hears, the more prepared they are when they enter school. Early childhood is a critical time in children's brain development; over 85 percent of our physical brain growth occurs in the first three years of life. The great news is that this important way to support your child's brain development is completely free and can be done at any time and in any place. Tune in by paying attention to what your child is communicating to you. Talk more with your child using descriptive words to build their vocabulary. Take turns by encouraging your child to respond to your words and actions.

(Source: "The Importance of Talking to your Children" by Carrie Shrier, Michigan State University Extension. 2017)

TWEEN PROGRAMMING

Tween programming is geared toward ages 8–11.

Crafting Fun

ENGLEWOOD LIBRARY

Thursday, December 2 • 4:00 PM

Join us for fun crafts and activities. It might get a little messy, so be sure to dress accordingly.

Magnetic Science

Thursday, January 6 • 4:00 PM

Come and learn about the forces that make magnets work and try your hand at a variety of fun magnetic experiments.

Valentine Cookie Decorating

Thursday, February 3 • 4:00 PM

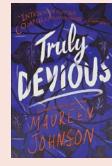
Valentine's Day is almost here! Come practice your cookie decorating skills and make a sweet treat to eat!



BOOK RECOMMENDATION

Truly Devious by Maureen Johnson

When Stevie Bell, an amateur detective, begins her first year at a famous private school in Vermont, she sets a plan to solve the cold case involving the kidnapping of the founder's wife and daughter shortly after the school opened. The only real clue was a mocking riddle listing methods of murder, signed with the



frightening pseudonym "Truly, Devious." Years later, Stevie Bell has an ambitious plan to solve this cold case. But the past has crawled out of its grave: Truly Devious makes a surprise return, and death revisits Ellingham Academy.

Corinne, Teen Librarian's Review:

This book seamlessly weaves historical fiction with mystery. Switching between two timelines, it leaves you guessing to the very end and beyond. Stevie is a relatable and likable heroine, and her obsession with detective stories challenges the differences between fiction and reality. If you like a good ongoing mystery, this is your series!

TEEN PROGRAMMING

Teen programming is geared toward ages 12–18.

Teen Hangouts

Join us for weekly hangouts in the Teen Room.

Every Tuesday at 5:00 PM.

Writer's Group: 12/7, 1/4, 2/1

Game Night: 12/14, 1/11, 2/8

Book Club: 12/21, 1/18, 2/15

Movie/TV Night: 12/28, 1/25, 2/22

Email epiteen@gmail.com to get information on which movies/TV series we will be showing and which books we will be discussing.

Teen Dungeons & Dragons Club

Join us as we continue our D&D campaign.

12/7 Tu 6:00 PM 12/21 Tu 6:00 рм 1/4 Tu 6:00 PM 1/18 Tu 6:00 PM 2/1 Tu 6:00 рм 2/15 Tu 6:00 PM

Email eplteen@gmail.com to get information on how to join.

Teen Monthly Events

AFTER HOURS! Yule Festival

Friday, December 17 • 4:00 PM

Join us for an old-fashioned Yule festival. With fun activities, food and a lot of running around the library! This program will be after the library closes, so please drop off and pick up on the garage side of the library.

AFTER HOURS! Crafts

Friday, January 21 • 6:00 PM

Join us for a fun crafting night. We will have several craft projects to work on, but if you have a craft project you have been working on and need to finish, feel free to bring it. This program will be after the library closes, so please drop off and pick up on the garage side of the library.

AFTER HOURS! Murder Mystery!

Friday, February 18 • 6:00 PM

Join us for an evening of murder and mystery! Feel free to dress as your favorite detective and be sure to bring your best detective skills. This program will be after the library closes, so please drop off and pick up on the garage side of the library.

Teen Room!

Come check out our teen room, where you can do homework, play games or just hang out. Ask the librarians at the children's desk or circulation to get access to the room.



PLEASE NOTE: Computer classes take place in the Englewood Public Library. In most cases, registration is required: 303-762-2560. All computer classes in the library are free of charge.

Computer Basics: Just Getting Started

Learn the basics of using a computer and practice using a mouse. No computer experience required.

Registration required.

12/4 Sa 10:30 AM – NOON LIBRARY TECH LAB

MS Word: Fundamentals

Learn how to create and edit a document with Microsoft Word. This class will cover creating a new document and a few of the basic formatting tools like bolding text, changing your font and page alignment.

Registration required.

12/18 Sa 10:30 am – noon library tech lab

MS Word: Intermediate

Microsoft Word has many tools that make working on long documents a snap. Learn about styles, headers, footers, page numbers and tables. Basic Word skills required.

Registration required.

1/15 Sa 10:30 AM – NOON LIBRARY TECH LAB

Clean Up and Speed Up Your Computer

Learn how to remove programs, manage the space on your computer, speed up your browsing and more. For adults and teens. *No registration required.*

10 M 6:00 – 7:30 pm perrin room

MS Word: Advanced

Learn to go beyond basic word processing in our advanced Microsoft Word class. Here, you'll learn about the sophisticated tools and techniques for dealing with long documents, creating fillable forms, tracking changes for collaboration and much more. *Registration required*.

2/5 Sa 10:30 AM – NOON LIBRARY TECH LAB

Smartphones and Tablets: Letting Go of the Fear

Learn how to navigate commonly used features on your Windows, Android or Apple smartphone or tablet. Afterward, there will be time for answering questions. Please bring your own device.

No registration required.

2/7 M 6:00 – 7:30 pm perrin room

Google Drive and Calendar: The Essentials

We will cover the basics of two of Google's most powerful applications, Google Drive and Google Calendar. Learn how to create documents and collaborate with others online and how to create events and invite attendees. Email address required.

Registration required.

/19 Sa 10:30 AM – NOON LIBRARY TECH LAB



Englewood Parks and Recreation hosts one of the finest public golf facilities in the Rocky Mountain region: Broken Tee Golf Course. Broken Tee offers:

- Championship 18-hole course with Dye design front 9
- Par-3 course with multiple tee boxes a challenge for the serious golfer or simple fun for the entire family
- Large driving range and one of the best practice areas in Metro Denver - For the off-season, the range will be hitting off of mats every day
- FootGolf on the Par-3 course



Holiday Schedule

November 25

Broken Tee will be open on Thanksgiving Day, weather permitting, but with limited hours. The facility will be closing at 2:00 PM, so staff members may enjoy the holiday with their families. Tee times for 9 holes ONLY will be available from 9:00 – 11:00 AM on either the Front 9 or Back 9.

The Par-3 course will be available for tee times 9:05 AM to 12:35 PM. The range will be open from 9:00 AM - 2:00 PM, with the last bucket sold at 1:30 PM. If the weather does not cooperate for the course to open, the golf facility will be closed for the holiday.

December 24

Broken Tee will close at 2:00 PM. If the course is closed, the Pro Shop will still be open until 2:00 PM for last-minute gift cards and gifts.

December 25

Broken Tee will be closed.















Adult Athletic Leagues

Adult athletic league registration, schedules and standings: teamsideline.com/englewoodrec

MEN'S AND WOMEN'S ADULT ATHLETIC LEAGUES									
SPORT	SEASON	REGISTRATION	LEAGUES BEGIN	FEES	FORMAT	OFFERINGS			
Volleyball -	Winter	Late October – Early January	Mid-January	\$335/team	10 Games + Single	Tuesday Coed, Wednesday Women's, Thursday Men's			
volleyball	Fall	Mid-July – Late August	Mid-September	\$333/ team	Elimination Playoff				
	Winter	Late October – Early January	Mid-January		8 Games + Single				
Basketball -	Spring	Early February – Late March	Late March	\$475/team		Sunday Men's Comp, Sunday Men's Rec,			
Dasketbatt	Summer	Early May – Late June	Mid-July	\$475/team	Elimination Playoff	Monday Men's Open			
	Fall	Early August – Late September	Early October	•					
Softball -	Summer	Mid-March – Early May	Mid May	\$625/team	10 Games + Single	Thursday Men's			
Soitball	Fall	Late June – Late July	Mid-August	\$525/team	Elimination Playoff	Competitive and Recreational			

Don't have a team or need a few more players to complete your team? Go to teamsideline.com/englewoodrec to be added to the Free Agent List. If you have any questions regarding team registration, please call Sara Stant at 303-762-2694 or email sstant@englewoodco.gov.



for all ages and a wide range of levels. Quality instructors from Hitman Sports Management. Visit Play Englewood for info!







Skyhawks and SuperTots

ADULT & YOUTH ATHLETICS

Teaching life skills through sports

Skyhawks provides sports instruction in our Englewood Parks for ages 4-14. Classes include basketball, volleyball and multi-sport focuses. For more info, visit skyhawks.com.

SuperTots is perfect for ages 2-5. These classes will meet weekly in our parks. Children will learn the basics of baseball, basketball, football or soccer. For more information, visit supertotsports.com.





Hours

M – Th: 6:00 AM – 8:30 PM
F: 6:00 AM – 7:30 PM
Sa/Su: 8:00 AM – 4:30 PM



Pool Safety Guidelines

Children under 8 years old must be directly supervised by an adult in the pool area. Adults must provide in-water supervision of children unable to pass the swim test.

Supervise your children. No diving. No breath-holding games, please.

The Swim Test

Children under 8 years old must be able to swim 10 meters by themselves to go down the big slide or to be out of reach of an adult.

Pool Features

- 8 lanes, 25 meters
- Body slide (must pass a swim test)
- 2–3 ft. shallow children's area with easy access stairs
- Small slides
- Family changing roomsDry sauna
- Diy Sauria
- ADA accessible
 Pool temp 86°
- year-round

Open Swim

Head on down for an afternoon of fun. Toss the ball, dive for rings or take a ride down the slides. Some features may not be available due to shared programming.

M - F: 1:00 – 4:00 PM **Sa/Su:** 1:00 – 4:30 PM

Tot Pool: Open daily until close (except 8:00 AM – NOON

weekends). Check online for more details.

Lap Swim

At least one lane is available at all times of the day. Circle swimming and lap swim etiquette applies. Please check online for a more detailed schedule.

M-Th: 6:00 AM - 8:30 PM **F:** 6:00 AM - 7:30 PM **Sa/Su:** 8:00 AM - 4:30 PM

Following COVID-19 guidelines, schedules and policies may change at any time. There is no evidence that COVID-19 can spread to humans through the use of pools and hot tubs.





Infant and Toddler

Babes & Tots (6 mos - 3 yrs)

Introduction to the water with a focus on safety and primary water skills, including submersion, bubbles and water play in a fun, family environment.

Jellyfish (2½ - 3½ yrs)

This class is for advanced toddlers who go under water willingly and are nearly floating on their own. Instructor approval requested.

Preschool

Seahorse (3 - 5 yrs)

These little ones may be cautious, but are ready to start the basics. A gentle approach using songs and games helps them gain confidence and trust.

Seal (3 - 5 yrs)

These little ones are happiest going under water and are just starting to float on their own.

Otter (3 - 5 yrs)

These little ones can float for 10 seconds, roll over and kick 10 meters to safety.

Sea Lion (3 - 5 yrs)

These are our most experienced little swimmers, working on freestyle and backstroke drills, with the goal of being able to swim 15 meters with ease.

School Age

Stingray (6 - 14 yrs)

Swimmers with limited experience or basic skills should start here. Cautious and adventurous alike will find success in this class. Floating, kicking and breathing will be mastered here.

Dolphin (6 - 14 yrs)

Swimmers will be conditioned to float, kick and breathe for longer distances while core swimming skills are introduced and mastered. Swimmers will master freestyle and backstroke drills for 15–25 meters.

Swordfish (6 - 14 yrs)

Swimmers at this level are well conditioned and beginning to swim up to 25 meters of freestyle, backstroke and elementary backstroke with ease. Dolphin kick and treading water will be introduced.

Barracuda/Shark (6 – 14 yrs)

Swimmers are working toward 50 meters of freestyle and backstroke with efficiency and ease. Butterfly and breaststroke drills are introduced and refined. Open turns, treading water for time and advanced safety skills are included.

WATER FITNESS

Aqua Power

Ages: 16 yrs +

Add water to your everyday routine and see the difference.

2/2 – 12/23	Th	5:00 - 5:50 PM	\$25/\$21	11250211
/6 – 1/27	Th	5:00 - 5:50 PM	\$25/\$21	11250221
/3 – 2/24	Th	5:00 - 5:50 PM	\$25/\$21	11250231

Aqua HIIT

Ages: 16 yrs +

Arthritis Aqua

Ages: 55 yrs +

Improve your daily function and reduce pain through aquatic exercise. Reduced impact on your joints will allow for a full-body workout focused on strength, flexibility and range of motion. A great option for beginners, pre-surgery and post-surgery.

12/1 - 2/23 W 11:15 AM - 12:10 PM \$30/\$24 11260211

Senior Aqua

Ages: 55 yrs +

Rediscover the fountain of youth, where splashing and smiling isn't just for kids.

11/29 – 2/21	М	9:00 - 9:50 AM	\$30/\$24	11260121
11/30 – 2/22	Tu	9:00 - 9:50 AM	\$30/\$24	11260122
11/30 – 2/22	Tu	10:00 - 10:50 AM	\$30/\$24	11260123
12/1 – 2/23	W	9:00 - 9:50 AM	\$30/\$24	11260124
12/2 – 2/24	Th	9:00 - 9:50 AM	\$30/\$24	11260126
12/3 – 2/25	F	9:00 - 9:50 AM	\$30/\$24	11260127



EVENING SWIMMING LESSONS AT ERC

		DECEMBER	JANUARY	FEBRUARY
Fee: \$48/\$40			Tuesdays & Thursdays	
Class	Time	11/30 - 12/23	1/4 – 1/27	2/1 – 2/24
Jellyfish	4:30 – 4:55 PM	11210211	11210212	11210213
Seahorse	4:30 – 4:55 PM	11220111	11220112	11220113
Seal	5:00 – 5:30 рм	11220211	11220212	11220213
Otter/Sea Lion	5:35 – 6:05 рм	11220311	11220312	11220313
Stingray	5:00 – 5:30 рм	11230111	11230112	11230113
Dolphin	5:35 – 6:05 рм	11230211	11230212	11230213
Swordfish	6:10 – 6:40 рм	11230311	11230312	11230313
Barracuda/Shark	6:10 – 6:40 рм	11230411	11230412	11230413

WEEKEND SWIMMING LESSONS AT ERC

WEEKERD SWIMMING EESSONS AT ERG									
Session 1 Fee	e: \$18/\$15	DECE	MBER	JANU	JARY	FEBR	UARY		
Session 2 & 3	Fee: \$25/\$20	Saturdays	Sundays	Saturdays	Sundays	Saturdays	Sundays		
Class	Time	12/4 - 12/18	12/5 - 12/19	1/8 - 1/29	1/9 - 1/30	2/5 – 2/26	2/6 – 2/27		
Babes	10:00 – 10:30 АМ	11210131	11210133	11210135	11210137	11210139	11210141		
& Tots	10:35 – 11:05 AM	11210132	11210134	11210136	11210138	11210140	11210142		
Jellyfish	9:30 – 9:55 ам	11210231	11210232	11210233	11210234	11210235	11210236		
Caalaawaa	10:00 – 10:30 ам	11220131	11220133	11220135	11220137	11220139	11220141		
Seahorse	10:35 – 11:05 ам	11220132	11220134	11220136	11220138	11220140	11220142		
Cool	10:00 – 10:30 АМ	11220231	11220233	11220235	11220237	11220239	11220241		
Seal	10:35 – 11:05 AM	11220232	11220234	11220236	11220238	11220240	11220242		
Otter	8:50 – 9:20 ам	11220331	11220332	11220333	11220334	11220335	11220336		
Sea Lion	11:10 – 11:50 АМ	11220431	11220432	11220433	11220434	11220435	11220436		
Ctingray	9:15 – 9:55 ам	11230131	11230133	11230135	11230137	11230139	11230141		
Stingray	11:10 – 11:50 AM	11230132	11230134	11230136	11230138	11230140	11230142		
Dolphin	9:15 – 9:55 ам	11230231	11230233	11230235	11230237	11230239	11230241		
Dolphin	11:10 – 11:50 AM	11230232	11230234	11230236	11230238	11230240	11230242		
Swordfish	8:30 - 9:10 AM	11230331	11230332	11230333	11230334	11230335	11230336		
Barracuda/ Shark	8:30 – 9:10 ам	11230431	11230432	11230433	11230434	11230435	11230436		

POOL PARTIES

Bring your party to us! You'll have two hours to set up and host your own party followed by two hours of swimming. Parties for children under 8 years old require 3–5 adults actively supervising in the water with swimsuits on. Call or register online. 303-762-2680

Saturdays and Sundays

12:15 – 2:15 PM: Room rental (you set up and clean up) 1:45 – 4:30 PM: Pool time

> 1-15 Guests: \$125 16-25 Guests: \$150



PRIVATE SWIMMING LESSONS

Sign up for private lessons with our experienced instructors who will provide hands-on instruction in or out of the water based on your preferences. For an additional fee, a second person can be added to the lesson at the payment screen. Check online for more days and times.

Ages: 3 years - adult

18 months – 3 years, parent assisted at the instructor's discretion

	1 student	2 students
3 classes (Dec. only)	\$72	\$87
4 classes	\$96	\$116

	DECE	MBER	JANUARY		FEBRUARY	
4 classes	Mondays	Wednesdays	Mondays	Wednesdays	Mondays	Wednesdays
Time	11/29 – 12/20	12/1 – 12/22	1/3 - 1/24	1/5 – 1/26	1/31 – 2/21	2/2 – 2/23
4:00 – 4:30 PM	11231211	11231221	11231231	11231241	11231251	11231261
4:30 – 5:00 PM	11231212	11231222	11231232	11231242	11231252	11231262
5:00 – 5:30 РМ	11231213	11231223	11231233	11231243	11231253	11231263
5:30 – 6:00 РМ	11231214	11231224	11231234	11231244	11231254	11231264
6:00 – 6:30 РМ	11231215	11231225	11231235	11231245	11231255	11231265
6:30 – 7:00 РМ	11231216	11231226	11231236	11231246	11231256	11231266

	DECEMBER		JANI	UARY	FEBRUARY	
3 classes (Dec. only)	Saturdays	Sundays	Saturdays	Sundays	Saturdays	Sundays
Time	12/4 – 12/18	12/5 – 12/19	1/8 – 1/29	1/9 – 1/30	2/5 – 2/26	2/6 – 2/27
11:55 ам – 12:25 рм	11231227	11231229	11231247	11231249	11231267	11231269
12:30 – 1:00 РМ	11231228	11231230	11231248	11231250	11231268	11231270

HOME SCHOOL SWIMMING

			Wedne	esdays
Class	Fee	Time	1/5 – 1/26	2/2 – 2/23
3–7 yrs	\$31	1:00 – 3:30 РМ	11230811	11230821
8–14 yrs	\$26	1:00 – 3:30 РМ	11230812	11230822

11230911

Tidal Waves

Ages: 6 – 17 yrs

Take your swimming skills to the next level on our year-round CARA recreational swim team. Swimmers must be proficient in freestyle and backstroke for 25 meters.

Location: ERC

1/3 - 4/27 M, W 5:30 - 6:30 PM

\$100/\$80





Through our partnership with the USA Swimming Foundation, Englewood Residents can sign up for group swim lessons for as little as \$10 with a Make A Splash grant. Reduce your risk of drowning by signing up for swim lessons. Visit our website for details.



DANCE

PeeWee Dance

Ages: 3 – 5 yrs

PeeWee dance classes are focused on dance techniques, safety, fun, movement, coordination and self-esteem. Dancers develop the basics of tap, jazz and ballet steps while working on following directions and working well with others. Classes focus on dance fundamentals and technique that build up to the spring and winter seasons, which include a recital. Parents of children who may require help changing their shoes are asked to remain outside of the classroom to assist with a mid-class shoe change.

Recitals during spring and winter season classes require a costume rental fee, which is usually \$15 for two costumes. This fee is in addition to the class participation fee.

Youth Dance

Ages: 6 – 9 yrs

Youth dance classes are designed to help your child become a well-rounded dancer in different styles of dance including tap, jazz, hip-hop and ballet in a fun and energetic class! Classes focus on dance fundamentals and technique. Recitals during spring and winter season require a costume rental fee, which is usually \$15 for two costumes. This fee is in addition to the class participation fee.

TUMBLING

Toddler & Me Tumbling

Ages: 1 – 3 yrs

Does your tot need a place to explore, play and let out some energy in a fun and safe environment? Register for this class that teaches your child and you simple tumbling skills while meeting new friends.

Tumbling Tykes

Ages: 3 – 5 yrs

Join this interactive class and young tumblers will enhance their balance and strength, and learn beginning tumbling skills. While this class is designed for children to take independently, parents are asked to remain in the building.

Gymnast Jubilee

Ages: 6 – 9 yrs

Kids will learn rolls, cartwheels and balance, all while having a blast and meeting new friends. While this class is designed for children to take independently, parents are asked to remain in the building.

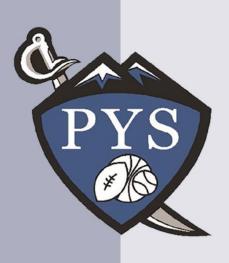


ACTIVE KIDS – DANCE										
Class	Activity#	Ages	Dates	Days	Time	Location	Fee	Res Fee		
PeeWee Dance	11820111	3 – 5 yrs	2/5 – 5/14	Sa	10:45 - 11:15 AM	ERC	\$68	\$55		
	11820112	3 – 5 yrs	1/31 – 5/9	М	4:45 – 5:15 PM	ERC	\$68	\$55		
	11820113	3 – 5 yrs	2/2 – 5/11	W	5:00 – 5:30 рм	ERC	\$68	\$55		
	11820114	3 – 5 yrs	2/3 – 5/12	Th	4:00 – 4:30 PM	ERC	\$68	\$55		
Youth Dance	11820211	6 – 9 yrs	1/31 – 5/9	М	5:30 - 6:15 PM	ERC	\$79	\$63		
	11820221	6 – 9 yrs	2/3 – 5/12	Th	4:30 - 5:15 PM	ERC	\$79	\$63		
	11820231	6 – 9 yrs	2/5 – 5/14	Sa	11:15 AM - NOON	ERC	\$79	\$63		

ACTIVE KIDS – TUMBLING									
Class	Activity#	Ages	Dates	Days	Time	Location	Fee	Res Fee	
Toddler & Me Tumbling	12310121	1 – 3 yrs	2/2 - 2/23	W	4:00 – 4:30 РМ	ERC	\$23	\$18	
	12310111	1 – 3 yrs	2/5 – 2/26	Sa	9:45 – 10:15 AM	ERC	\$23	\$18	
Tumbling Tykes	12320221	3 – 5 yrs	1/31 - 2/21	М	5:30 - 6:00 PM	ERC	\$25	\$20	
	12320211	3 – 5 yrs	2/5 – 2/26	Sa	9:15 – 9:45 AM	ERC	\$25	\$20	
Gymnast Jubilee	12320312	6 – 9 yrs	1/31 – 2/21	М	4:45 - 5:30 PM	ERC	\$29	\$24	
	12320311	6 – 9 yrs	2/5 – 2/26	Sa	8:30 - 9:15 AM	ERC	\$29	\$24	

No class: 3/14, 3/16, 3/17, 3/19





PIRATE YOUTH SPORTS

Building community, tradition and excellence!

Our vision is to develop the community of Englewood and its youth through high-quality youth sports programs.

BASEBALL • BASKETBALL • CHEERLEADING
FOOTBALL • FLAG FOOTBALL • LACROSSE
SOCCER • SOFTBALL • RUGBY
VOLLEYBALL • WRESTLING

Join our email list and register for all youth sports programs at pirateyouthsports.com. Contact us at president@pirateyouthsports.com or 303-907-3667. Subject to change due to COVID-19.



Creative Pottery

Ages: 16 yrs +

Use different methods of handbuilding and/or sculpting to create three pieces of art. Glazes included. Open to all skill levels. Supply fee: \$15 per 12 lbs. of clay used, payable to instructor.

Location: MRC Instructor: Michael McGrath
12/7 – 1/11 Tu 10:00 AM – NOON \$72/\$67 11760411

12/7 - 1/11 Tu 10:00 AM - NOON \$72/\$67 11760411 1/18 - 2/22 Tu 10:00 AM - NOON \$72/\$67 11760412

Drawing and Painting Class

Ages: 16 yrs +

Whether you like to paint, smatter, draw or sketch, this class will bring out creativeness. Use different mediums such as watercolors, acrylics or pencils. Pick your favorite and enrich your skills in this class. All levels of experience welcome. Bring any works in progress or start something new.

No class: 12/23.

 Location: MRC
 Instructor: Eileen Hoffman

 12/2 - 1/13
 Th
 10:00 AM - NOON
 \$60/\$55
 11761011

 1/20 - 2/24
 Th
 10:00 AM - NOON
 \$60/\$55
 11761012

Open Painting Studio

Ages: 55 yrs +

Looking to finish or start a painting? And make new friends? The Open Paint Studio is for you. This class is a self-led activity. Bring your supplies and join others who love to paint. Easels are available for student use.

Location: MRC

12/7 - 2/22 Tu 1:00 - 3:30 PM \$16/\$13 11761411

NEW Ultra Beginning Line Dance

Ages: 55 yrs +

This class is a good place to start for those interested in learning how to line dance and enjoy moving to a variety of music.

Location: MR	C	Instructo	or: Judy Curtis	
12/1 - 12/29	W	2:00 – 3:00 РМ	\$16/\$13	11860311
1/5 – 1/26	W	2:00 - 3:00 PM	\$13/\$11	11860312
2/2 – 2/23	W	2:00 - 3:00 PM	\$13/\$11	11860313
No class 12/2	29.			

NEW Beginning Line Dance

Ages: 55 yrs +

Step up the pace. Learn more difficult steps to new choreography and continue learning.

Location: MR	C		Instructor: Judy Curtis		
12/1 – 12/29	W	10:00 - 11:00 AM	\$13/\$11	11860411	
1/5 – 1/26	W	10:00 - 11:00 AM	\$13/\$11	11860412	
2/2 – 2/23	W	10:00 - 11:00 AM	\$13/\$11	11860413	











NOW OPEN!

Hours: 8:00 AM - 5:00 PM

Located at the Malley Recreation Center, stop in and check out what all the BUZZ is about!

Discover information and resources about transportation, finances, healthcare, senior services, insurance, volunteering, caregiving, housing and recreation.

Call **303-762-2660** for more information or for an appointment.





Continuing Bridge

Ages: 55 yrs +

ENRICHMENT & EDUCATION

Take your bridge playing to the next level. This class is designed for those who have been learning the game for a while and want a new challenge. Class includes instruction on play and defense, bidding skills, some lecture and supervised playing.

 Location: MRC
 Instructor: James Buck

 12/1 - 1/5
 W
 10:00 AM - NOON
 \$57/\$46
 11465011

 1/12 - 2/16
 W
 10:00 AM - NOON
 \$57/\$46
 11465012

Take Gluten Free to the Next Level for the Holidays

Whether necessity or choice led you to eat gluten free, this eating style is helping many experience the health benefits: less bloating and brain fog, plus better sleep. What if you could take gluten-free eating to the next level, especially over the holidays? Learn how! *Location: MRC*

Instructor: Kelly Andis, Nutritional Health Coach, Natural Grocers

12/9 Th 10:00 – 11:00 AM \$7/\$5 11460811

The Will Maker - Legal Seminar

In a single sitting, you'll complete a simple will. You will also complete a living will, medical power of attorney and financial power of attorney with the help of a licensed attorney. Fee includes all material, witnessing, notarizing, individual review and time for questions. Bring your ID and a snack. Cost: \$100, payable to Rebecca Bennetti at the workshop.

 Location: MRC
 Instructor: Rebecca Bennetti, Lawyer

 1/5
 W
 NOON - 4:30 PM
 \$15/\$12
 11460311

 2/8
 Tu
 NOON - 4:30 PM
 \$15/\$12
 11460411

Online Safety, Security and Fraud Avoidance

Are you now using a smartphone, tablet or computer to conduct personal or professional business, get news and information, stay in touch via social media or shop online? Join us for a discussion concerning online safety, security and fraud avoidance. Learn more about interacting safely with the online world, avoiding fraud and scams.

Location: MRC Instructor: Patrick Baker, Prime of Life Tech
1/6 Th 1:30 - 2:30 PM \$7/\$5 11460711

Spanish III

Ages: 55 yrs +

¡Bienvenidos! Continue to sharpen your Spanish speaking skills. This interactive class builds further on what you have learned. You will focus on more complex forms of conversation, using proper grammar, pronunciation and a variety of new vocabulary. A background in Spanish is recommended.

Location: MRC Instructor: Jean Kunkel 1/17 - 2/21 M 8:30 - 10:30 AM \$68/\$56 11465611

Smart Home Technology for Aging in Place

Smart technology in the home can help you retain your independence and maintain a daily routine, but can be overwhelming to figure out at first. Join us for a discussion of using smart speakers, digital assistants (like Alexa), smart plugs, smart door locks and other readily available devices to help automate routine tasks around the house using voice commands and apps on your smartphone or tablet.

Location: MRC Instructor: Patrick Baker, Prime of Life Tech
2/3 Th 1:30 - 2:30 PM \$7/\$5 11461411



Smartphone Options for Older Adults

Older adults' needs are not usually considerations for smartphone designers, and with so many options available, smartphones can be complicated. In this discussion on smartphone options for older adults, learn which smartphones have the best features and plans for seniors.

Location: MRC Instructor: Patrick Baker, Prime of Life Tech
2/17 Th 1:30 - 2:30 PM \$7/\$5 11461611

Fight Back Against Stress

While it's impossible to remove all stress from your life, incorporating a few specific nutrients into your diet can help you deal with life's many stressors. Come find out how!

Location: MRC

Instructor: Kelly Andis, Nutritional Health Coach, Natural Grocers

2/24 Th 1:30 – 2:30 PM \$7/\$5 11461511

FREE PROGRAMS

Medicare 101

Making a decision can be hard! Attend this presentation to learn all your plan options and review the A, B, C and D's of Medicare. Allen will share important dates to remember and how to save money on prescriptions.

Location: Mi	RC	Instructor: Allen McGirl, McGirl Insurance				
12/9	Th	1:30 - 3:30 PM	FREE	11460011		
1/13	Th	1:30 - 3:30 PM	FREE	11460111		
2/10	Th	1:30 - 3:30 PM	FREE	11460211		

Never B-4 Bingo

Have some fun and prizes are included. Play in person or via Zoom (a working email is needed). Bingo cards need to be picked up at Malley prior or request them to be mailed.

12/13	М	1:00 – 2:00 PM	FREE		
VIRTUAL 1145001	l1, in person 1145	0012			
1/10	M	1:00 - 2:00 PM	FREE		
VIRTUAL 1145011	l1, in person 1145	0112			
2/14	M	1:00 - 2:00 PM	FREE		
VIRTUAL 11450311, IN PERSON 11450312					

11 Ways to Avoid Caregiver Burnout

Caring for a loved one is an act of love and compassion. However, at the same time, it can be taxing emotionally, physically, mentally and even financially. Learn effective tools that will minimize stress and lift your day-to-day perspective.

Location: MRC

Instructor: Roger Rhodes, Owner of Homewatch CareGivers

 $1/11 \hspace{1.5cm} {\rm Tu} \hspace{0.5cm} 1:00-2:00 \, {\rm PM} \hspace{0.5cm} {\rm free} \hspace{0.5cm} 11460611$

Downsizing Coffee Talk

Have you ever found the process of downsizing both physically and mentally draining? This open-format coffee talk will examine how to deal with the stress of downsizing. With a focus on healthy, life-affirming strategies to enable you to tackle your big move, we will also explore the best strategies for decluttering and preparing your home for sale.

Location: MRC Instructor: Jen Carroll, Steller Group
1/12 W 1:00 – 2:30 PM FREE 11461011

Getting There Travel Training

Do you know how to get from here to there using RTD and Lyft services? In four training sessions, you'll learn what RTD and Lyft services are, how to plan a trip, bus routes, ticket purchases, fare zones, boarding the train/bus/car, how to download the apps, safety and much more. Offered virtually via Zoom from your home or at the Malley Center.

Location: VIRTUAL

Instructor: Latoya Prante, Denver Regional Mobility & Access Council
1/19 - 2/9 W 11:30 AM - 12:30 PM FREE 11460911
VIRTUAL 11460912. IN PERSON 11460911

Death, Funerals and Rituals

We will discuss the one thing we all have in common! It's not a taboo subject! Learn everything you are "dying" to know about funerals and rituals. Find out how COVID-19 has changed the options and opportunities for families. Jamie Sarche with Feldman's Mortuary will be joining us. You do not want to miss this important information!

Location: MRC

Instructor: Kim Evans, RoadMap for Aging, Guest Panelist,
Euget Dawson, Jr. PHD, Social Gerontologist

1/25 Tu 10:30 AM - NOON FREE 11461311

What is a RoadMap Binder?

This is an introduction to a three-part hands-on workshop outlining the WHAT, WHY, WHEN, HOW, WHERE and WHO for your RoadMap Binder. Such as what needs to be in it, why every family needs one – young and old, when do you need to do it (Hint – NOW!), how to create your file, and where to keep it. This will also prepare you for the upcoming series workshops!

ocation: MRC

Instructor: Kim Evans, RoadMap for Aging, Guest Panelist,

Euget Dawson, Jr. PHD, Social Gerontologist

2/22 Tu 10:30 AM - NOON FREE 11461711



Excursion fee includes escort, transportation, tour and admission tickets, unless otherwise stated. Restaurant meals and snacks/treats are on your own, unless otherwise stated. For outdoor excursions, bring closed-toed shoes, jacket, hat, sunscreen and water.

Some excursions include significant walking. Please do not register for an excursion if you are unable to walk more than ½ mile.

Excursion Refunds and Transfers

Excursion cancellations or transfers will be refunded less a \$5 administrative fee. NO refunds are granted if you miss the trip due to being late, no-show or a cancellation within five business days prior to trip. There are NO refunds given after listed early cancellation dates.

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DECEMBER

Delights of the Season - Denver

As the holiday season approaches, there's more to see than the pretty lights. Denver and surrounding areas deck themselves out in celebration. Join the places where the smell of wassail beckons you and mistletoe might lurk just overhead. Dazzling Christmas trees, sumptuous sugar cookies, no "lumps of coal" in sight, as we tour, laughing all the way! Tour Guide: Kevin Snow. We will stop for lunch.

12/1 W 10:00 AM - 3:00 PM \$40/\$32 12060111

Denver Museum of Nature & Science

A day of seeing the museum's permanent exhibits, plus the special "Survival of the Slowest" – sometimes being slow has advantages. Meet live animals such as a two-toed sloth, a green iguana, a chameleon and other species that manage to thrive in a world where large, strong and fast animals are at the top of the food chain. Plus, the IMAX movie: *The Great Bear Rainforest*. Have lunch at the museum's T-Rex Cafe.

12/7 Tu 9:00 AM - 3:30 PM \$45/\$36 12060611



Black Hawk & Central City

Let's go gambling! The bus will drop you off and pick you up in the heart of it all. Choose to visit your favorite casino, visit historic sites or enjoy the mountain air. Activities are on your own.

12/13	M	9:00 am - 3:00 pm	\$17/\$14	12060311
1/10	M	9:00 AM - 3:00 PM	\$17/\$14	12060411
2/14	M	9:00 AM - 3:00 PM	\$17/\$14	12060511



Denver Christkindl Market

12/16

Sip, shop, savor the season! This annual event brings authentic German and European holiday traditions to Denver! The German market is a great way to get into the holiday spirit. Guests will find delicious authentic German cuisine, festive drinks, handmade jewelry, clothing, toys, gifts and fun entertainment.

\$13/\$10

12060711

Home for the Holidays - Lone Tree Arts Center

5:00 - 9:00 PM

Holidays are about traditions, so start yours with this hometown favorite. There's something for everyone in this beloved holiday spectacular – dancers, singers, holiday songs and, of course, celebrity appearance by Santa and Mrs. Claus. With an updated storyline and a few surprises, it's sure to please.

2/18 Sa 11:45 AM - 5:15 PM \$68/\$56 12060811

JANUARY

Meow Wolf - Denver

Three years in the making, Convergence Station is an unforgettable and transformational four-story exhibition with 70+ unique installations, rooms and portals. Discover immersive psychedelic, mind-bending art and an underlying rich narrative as you take a journey of discovery into a surreal, science-fictional epic. Arrive as you. Leave transformed.

1/4 Tu 1:00 – 4:00 PM \$62/\$50 12061911

Sweet Caroline Confections - Englewood

Just around the corner in downtown Englewood, we'll take a walk to find out just how Andrea created a sweet lollipop business. Sweet Caroline ships thousands of lollipops all over the world and is in over 800 stores. We'll see how she, and her small team of eight, does it! Then have lunch across the street at Gallo's Italian Supper Club & Bakery...yum!

1/12 W 10:45 AM – 1:15 PM \$6/\$4 12060911

Downtown Aquarium - Denver

Mermaids, sharks and sea creatures...oh my! We are thinking tropical today. The aquarium houses over 500 species of fish and animals. Enjoy the interactive Stingray Reef touch tank and the gift shop. Lunch at the Aquarium Restaurant next to the 50,000-gallon tank with more than 100 species of tropical fish swimming by.

1/13 Th 11:30 AM - 3:45 PM \$41/\$34 12061111

National Western Stock Show & Rodeo - Denver

It's that time of year for bronco bustin' and steer judgin'. We'll start the morning with watching the rootin'-tootin' thrill of the cowboys and cowgirls in the Pro Rodeo. Then wander through the stock show booths, animals and fair. Lunch on your own at one of the many food yendors.

1/20 Th 9:15 AM - 4:15 PM \$45/\$36 12061211





Denver Nuggets Game - Denver

Let's watch some hoops! Have a fun evening at Ball Arena, cheering on Denver's professional basketball team as they take on the Detroit Pistons. Applaud for players like Nikola Jokic and Jamal Murray. Be entertained by the NBA's best mascot, Rocky! Concessions available.

./23 Su 4:45 – 9:15 PM \$55/\$44 12061311

My Way, A Tribute to the Music of Frank Sinatra – Boulder

Boulder Dinner Theater captures the wit and charm of Ol' Blue Eyes. It's a breath of fresh air, a romantic enticement and a blast from the past. Containing 55 incredible songs from the Great American Songbook, celebrating the mystique of Frank Sinatra and the unforgettable music that made him famous. Dinner, beverage, tax, gratuity and show included.

1/27 Th 5:00 – 11:00 PM \$94/\$75 12061411

Snow Sculptures - Breckenridge



Teams from around the world descend on Breckenridge to hand-carve 25-ton blocks of snow into enormous works of art. Artists are only allowed to use hand tools, creativity and inspiration to bring their ideas to life and create a temporary downtown outdoor art gallery. There's plenty of time to shop and have lunch at a restaurant of your choice.

1/28 F 11:30 AM - 3:45 PM \$30/\$24 12061511

FEBRUARY

EXCURSIONS

Stranahan's Colorado Whiskey & Lunch - Denver

Let's find out just how this small-batch American single malt whiskey operation started! See the copper equipment and learn the process of how just four ingredients make this delicious whiskey. We'll finish with three tastings. Lunch location is to be determined.

2/1 Tu 11:30 AM - 3:30 PM \$36/\$30 12061611

Colorado Model Railroad Museum - Greeley

Calling all train enthusiasts! Experience the most scenic 5,500 sq. ft. miniature world. Walk through a real caboose, stroll along the mountain vistas and peek into a miniature world of wonder. With its stunning landscape and realistic train, watch closely as they roll through busy towns, river valleys and high trestles. Lunch at Lonesome Buck Brewing Company for some smokehouse food.

2/4 F 10:00 AM - 4:30 PM \$35/\$28 12061711

Balistreri Vineyards - Denver

We're heading to the vineyards! This family-owned and operated winery has award-winning wines handcrafted without the addition of sulfites or other chemicals. John, Birdie and Julie will greet you for a tour that includes the wine cellar, wine-making facilities and a wonderful tasting. Lunch will be on site.

2/7 M 11:30 AM – 1:45 PM \$38-\$32 12061011

Afternoon Tea at Dushanbe Teahouse - Boulder

Marvel at the teahouse's hand-carved and hand-painted ceiling, tables, stools, columns and exterior ceramic panels created from 1987–1990 by more than 40 artisans, while being served a traditional afternoon tea with a three-tiered tower of sweet and savory pastries, scones, artichoke purses and cucumber sandwiches, made fresh daily, along with a pot of premium tea.

2/9 W 11:30 AM - 4:00 PM \$45/\$36 12061811





Rocky Mountain Quilt Museum - Golden

Requested once again. This time though, view a show of amazing quilts made entirely by men! Experience a wine & cheese soiree as you view the quilts with a docent-led tour. You will explore the gallery devoted to all things quilting, plus a gift shop and library. This little museum will not disappoint.

2/18 F 12:30 – 3:45 PM \$32/\$26 12062011

Honor Band Concert & Pearl Street - Boulder

The Honor Band Festival at CU brings together the best high school musicians in Colorado for two days of intensive music-making experiences, including master classes with College of Music faculty. They conclude with an incredible performance that you will enjoy in the iconic Macky Auditorium. Dinner on Pearl Street, restaurant of your choice.

2/26 Sa 2:15 - 9:00 PM \$19/\$15 12062111

The Stanley Marketplace & Urban Farm - Denver 🐶

Animals need attention all year, so we are heading to the farm this winter! Meet 150 livestock animals including horses, goats, sheep and many others. Dress warmly and definitely wear boots. Then we are off to an aviation manufacturing facility turned community hub with 50+ spectacular businesses under one roof. Enjoy lunch at Denver Biscuit Company or Maria Empanada and shop at June Ruby or True, to name a few.

2/25 F 9:15 AM - 2:45 PM \$25/\$20 1206221





Snowshoe or Cross-Country Ski Trips

Grab (or rent) your skis or snowshoes, choose your favorite location and hit the snow! Get your equipment tuned before you go, so you do not miss a thing. Bring your lunch or purchase on site. Fee includes transportation and driver. Daily passes, equipment rentals, lunch and activity are on your own.

Destinations are subject to change.

Registration deadline is 7 days prior to the trip.

Number	Date	Day	Time	Location	Fee Per Trip
12160111	1/6	Th	7:30 ам – 5:00 рм	Devil's Thumb / Winter Park	\$22/\$18
12160211	1/18	Tu	7:30 ам – 5:00 рм	Breck N.C. / Breckenridge	\$22/\$18
12160311	2/3	Th	7:30 ам – 5:00 рм	Keystone N.C. / Keystone	\$22/\$18
12160411	2/15	Tu	7:30 ам – 5:00 рм	Snow Mtn Ranch / Winter Park	\$22/\$18
12160511	3/3	Th	7:30 ам – 5:00 рм	Frisco N.C. / Copper Mountain	\$22/\$18
12160611	3/15	Tu	7:30 ам – 5:00 рм	Devil's Thumb /Winter Park	\$22/\$18



City of Englewood is an equal opportunity service provider and employer. City of Englewood operates under special use permit from the USDA Forest Service, White River National Forest.



Giving Tree

Pick up "Gift Request Ornament" starting Saturday, November 6 Return gifts by Monday, December 13

Malley Recreation Center

Giving is a wonderful feeling, so please join us in giving to seniors in the south metro area through Integrated Family Community Services. Pick up an "Ornament Request" from the Giving Tree in the Malley Lobby and return the wrapped gift (new items only) to the front desk by Monday, December 13.

Santa Calling

Monday, December 13 • 5:30 - 7:30 PM

The North Pole Operator connects your child with a personal call from Santa this holiday season. Calling times are limited, so plan to have your child available to talk to Santa. To register your youngster, complete a Santa Calling form and return it to any of the listed locations.

You may also mail forms directly to the Malley Recreation Center, attention "Santa Calling," 3380 S. Lincoln St., Englewood, CO 80113 or email to cadamson@englewoodco.gov. All forms must be received by Friday, December 10. Forms available at: Englewood Recreation Center, Malley Recreation Center, Englewood Library or online at englewoodco.gov.

GUEST SPEAKER

"History of the Super Bowl" - Scott Perry

Thursday, January 27 • 1:30 PM • \$6

Who doesn't like the Super Bowl? We're not strangers to having a horse in this event! It's a safe bet you'll leave with enough new knowledge of this annual event to amaze your friends on the big day. Fifty-five years makes for lots of fun facts and history to learn. Wear your favorite team's gear proudly!

GUEST SPEAKER

"Denver Then & Now" - Kevin Snow

Wednesday, February 16 • 1:30 PM • \$6

Ever wondered what a spot used to look like before the subdivision or skyscraper? Take this historical tour of Denver. With an insatiable eye for the future and a population full of vitality, Denver has changed constantly over the years. We'll provide pictures of the spots, then let you marvel at what is in those places today.



16th Annual Englewood Art Exhibit

On Display February 2-18:

M - F: 8 AM - 5 PM Sa: 9 AM - NOON

Location: Malley Recreation Center Lobby, 3380 S. Lincoln St.

Come view this collection of local artists' amazing works! Attend our community reception or view on your own time with friends and family. This multi-dimensional exhibit is free to the public. As tradition goes, cast your vote for the People's Choice Award.

Call for Artists

Calling artists to participate in the annual Englewood Art Exhibit! This exhibit is not juried and is for amateur artists (artist by hobby, not by profession). Artist must be 18 years or older from the Denver Metro area. Media can be two- or three-dimensional, including oils, pastels, water colors, mixed media, acrylic, photography, embroidery, sculptures, woodcarving, pottery/ceramic, metals and others. There will be a People's Choice winner. Entry forms are available at englewoodco.gov. Artist may enter one or two pieces. Fee per entry: \$10.

Call Cheryl Adamson at 303-762-2660 for additional information.

Sponsored in part by McGirl Insurance.



\$10/\$8

Drop-In Rates

Daily Group Fitness / Yoga Pass

Drop-in not available for Pilates Reformer, Tai Chi for Balance or Group Personal Training Classes.

ERC Fitness Orientation

Ages: 13 yrs +

Learn to correctly operate the Technogym weight machines and cardiovascular equipment in a group setting. Please register at least two days in advance to ensure your place in class. This orientation is a prerequisite for all 13- and 14-year-olds wishing to utilize the weight and cardiovascular areas within the Recreation Center. *Location: ERC*

12/11	Sa	9:00 - 10:15 AM	FREE	12253511
1/11	Tu	5:30 - 6:45 PM	FREE	12253512
2/9	W	6:00 - 7:15 PM	FREE	12253513

Personal Training

Get inspired, boost your confidence and accomplish your goals!

The benefits of working with a personal trainer include:

- Individualized fitness program specifically designed for you
- Efficient workout program with innovative ways to improve your health
- Professional assistance in improving strength, flexibility, posture, endurance, balance, coordination and cardiovascular health
- Instruction on correct form and technique for cardiovascular exercise and strength training

To schedule an appointment, please call our Personal Training line at 303-762-2678.

	Sessions	Fee	Res Fee
Private	3	\$154	\$123
60-minute	6	\$278	\$222
sessions	10	\$425	\$340
Private	3	\$109	\$87
30-minute	6	\$210	\$168
sessions	10	\$325	\$260

Small group sessions of 2–3 people are available. Please call the Personal Training line for pricing. *Note: No-shows and cancellations not made with your personal trainer at least 24 hours in advance will result in loss of the session.*

Pilates Reformer and Yoga Personal Training available. See page 56 for more information and rates.

Nutrition Counseling

The registered dietitians on our referral list offer individualized nutritional counseling for all ages. They can assist with weight management, chronic disease prevention, vegetarian and sports nutrition, medical nutrition therapy, women's health issues and pediatric nutrition. Call 303-762-2678 for our Registered Dietitian Referral list.

The ZONE at ERC Class Schedule

DAY	TIME	CLASS		
М	6:00 РМ	Ultimate Fitness		
Tu	10:00 AM	FUNctional FITness		
W	6:00 рм	Burn and Build		
Th	10:00 AM	Balance, Core and More		
Sa	9:00 ам	Ultimate Fitness		



Classes now in session! Only \$10 per class!

Join Tetro Performance and their certified coaches for a variety of challenging and motivational classes. Be sure to check the front desk or visit **TetroPerformance.com/blog** for class times and descriptions.



ADULT FITNESS (CONTINUED)

TRX Boot Camp

Ages: 13 yrs +

Fire up your metabolism, burn calories and get stronger and leaner, faster! TRX Suspension Trainers will be incorporated into the workout.

Location: ERC Instructor: Libby Butler

Zumba

ADULT FITNESS

Ages: 13 yrs +

Zumba is a Latin-inspired dance-fitness class that combines energizing music and easy-to-follow moves for a fun, effective cardiovascular workout. Rhythms in this class will tone and sculpt your body.

Location: ERC Instructor: Lisa Pope

Pop Pilates

Ages: 13 yrs +

A total body workout that sculpts a rock-solid core and a lean body. Develop strength and flexibility through resistance work using your own body weight and a yoga mat. Class is for all levels.

Location: ERC Instructor: Lisa Pope

NEW Midday Reset

Ages: 13 yrs +

Take a mindful break from your day and unwind tight muscles with a stretch that can be done with no equipment in a small space. Class is for all levels.

Location: ERC Instructor: Kyle Shisler

Zumba Toning

Ages: 13 yrs +

Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! Dance to great Latin music while toning arms, legs and core...and have fun!

Location: ERC Instructor: Lisa Pope

Indoor Cycling

Ages: 13 yrs +

Optimum fat burning awaits you on this journey, which will simulate varied terrain and drills to give you a great interval workout. Class participants assist with equipment set up and breakdown. Bike pedals compatible with athletic shoes, SPD and Look cleats.

Location: ERC Instructor: Libby Butler & Erica Krier

Essentrics

Ages: 13 yrs +

A low-impact moving and stretching class with a full-body workout. It is a combination of yoga, Pilates, tai chi and ballet to help you stay flexible and less stiff. Great for athletes seeking an increase in range of motion and an increase in speed and agility.

Location: ERC Instructor: Paulette Fara-Schembri

Barre Sculpt

Use the ballet barre, light weights, isometric exercises and your body's balance, to firm, lengthen, lift and sculpt graceful arms, thighs, abs and glutes. It's gentle on the joints but gives powerful results.

Location: MRC Instructor: Stacy Lochowicz

Fit Body Express

Ages: 13 yrs +

Ahigh-intensity endurance-based workout. Shed fat, define muscle, transform the look of your entire physique, and dramatically enhance your overall health and athletic performance. If you are looking for results and are willing to put in the effort, this class is for you!

Location: ERC Instructor: Libby Butler

NEW Muscle Gaining Functional Training

Ages: 13 yrs +

Focus on building strength and endurance to improve your everyday life by utilizing body weight, dumbbells and resistance bands in this class for all fitness levels.

Location: ERC Instructor: Kyle Shisler

Fitness Fusion

Ages: 13 yrs +

You will never get bored with this eclectic blend of exercises. TRX Suspension and Rip Training will be used along with BOSU balls, glides, dumbbells and body weight training. You will get the ideal mix of strength, endurance, balance, coordination, flexibility, power and core stability.

Location: ERC Instructor: Libby Butler

STARRED CLASSES (★) ARE INCLUDED IN THE PREMIER ANNUAL PASS. SEE PAGE 25.

		ADUL	T FITNE	SS			
Class	Activity#	Dates	Days	Time	Location	Fee	Res Fee
★ TRX Boot Camp	12250411	12/6 – 12/27	М	5:25 – 6:25 РМ	ERC	\$22	\$17
	12250412	1/3 - 1/31	М	5:25 – 6:25 PM	ERC	\$26	\$21
	12250413	2/7 – 2/28	М	5:25 – 6:25 PM	ERC	\$22	\$17
★ Zumba	12250911	12/6 - 12/27	М	6:35 – 7:35 РМ	ERC	\$22	\$17
	12250912	1/3 – 1/31	М	6:35 – 7:35 PM	ERC	\$26	\$21
	12250913	2/7 – 2/28	М	6:35 – 7:35 PM	ERC	\$22	\$17
★ Pop Pilates	12251111	12/7 - 12/28	Tu	5:30 - 6:30 PM	ERC	\$22	\$17
	12251112	1/4 - 1/25	Tu	5:30 – 6:30 РМ	ERC	\$22	\$17
	12251113	2/1 - 2/22	Tu	5:30 – 6:30 РМ	ERC	\$22	\$17
NEW Midday Reset	12251511	12/1 – 12/29	W	12:10 – 12:40 РМ	ERC	\$14	\$11
	12251512	1/5 – 1/26	W	12:10 – 12:40 рм	ERC	\$11	\$9
	12251513	2/2 - 2/23	W	12:10 – 12:40 рм	ERC	\$11	\$9
🖈 Zumba Toning	12251611	12/1 – 12/29	W	5:30 - 6:30 PM	ERC	\$26	\$21
	12251612	1/5 – 1/26	W	5:30 – 6:30 РМ	ERC	\$22	\$17
	12251613	2/2 – 2/23	W	5:30 – 6:30 РМ	ERC	\$22	\$17
★ Indoor Cycling	12250321	12/1 – 12/29	W	5:45 – 6:45 PM	ERC	\$26	\$21
	12250322	1/5 - 1/26	W	5:45 – 6:45 РМ	ERC	\$22	\$17
	12250323	2/2 - 2/23	W	5:45 – 6:45 РМ	ERC	\$22	\$17
★ Essentrics	12251411	12/1 - 12/29	W	6:00 – 7:00 РМ	ERC	\$38	\$27
	12251412	1/5 - 1/26	W	6:00 – 7:00 РМ	ERC	\$26	\$22
	12251413	2/2 – 2/23	W	6:00 – 7:00 РМ	ERC	\$26	\$22
NEW Muscle Gaining	12251311	12/2 – 12/30	Th	6:30 – 7:30 AM	ERC	\$26	\$21
Functional Training	12251312	1/6 – 1/27	Th	6:30 – 7:30 AM	ERC	\$22	\$17
	12251313	2/3 – 2/24	Th	6:30 – 7:30 AM	ERC	\$22	\$17
Barre Sculpt	12251011	12/2 – 12/30	Th	9:00 – 9:45 ам	MRC	\$46	\$37
	12251012	1/6 - 1/27	Th	9:00 – 9:45 ам	MRC	\$37	\$30
	12251013	2/3 – 2/24	Th	9:00 – 9:45 ам	MRC	\$37	\$30
★ Fit Body Express	12250811	12/2 - 12/30	Th	5:45 – 6:30 РМ	ERC	\$26	\$21
	12250812	1/6 – 1/27	Th	5:45 – 6:30 РМ	ERC	\$22	\$17
	12250813	2/3 - 2/24	Th	5:45 – 6:30 РМ	ERC	\$22	\$17
★ Indoor Cycling	12250331	12/2 - 12/30	Th	6:35 – 7:35 рм	ERC	\$26	\$21
	12250332	1/6 – 1/27	Th	6:35 – 7:35 PM	ERC	\$22	\$17
	12250333	2/3 – 2/24	Th	6:35 – 7:35 РМ	ERC	\$22	\$17
★ Pop Pilates	12251121	12/4 - 12/18	Sa	8:05 – 9:00 AM	ERC	\$16	\$13
	12251122	1/8 - 1/29	Sa	8:05 – 9:00 AM	ERC	\$22	\$17
	12251123	2/5 – 2/26	Sa	8:05 – 9:00 AM	ERC	\$22	\$17
★ Fitness Fusion	12250611	12/4 - 12/18	Sa	9:15 – 10:15 AM	ERC	\$16	\$13
	12250612	1/8 - 1/29	Sa	9:15 – 10:15 AM	ERC	\$22	\$17
	12250613	2/5 – 2/26	Sa	9:15 – 10:15 AM	ERC	\$22	\$17



Fitness Club

Ages: 55 yrs +

Improve your level of fitness with low-impact aerobics and flexibility training, followed by strengthening exercises.

Location: MRC *Instructor: Stacy Lochowicz*

SilverSneakers Classic



Ages: 55 yrs +

Increase strength and range of movement. Hand held weights, elastic tubing with handles, and a ball will be used. A chair is used for support. Class is open to all.

Location: MRC *Instructor: Stacy Lochowicz*

Total Body Fitness



Ages: 55 yrs +

Stay fit, agile and active while increasing muscle strength, cardiovascular function, coordination, balance and range of motion in both the upper and lower body.

Location: VIRTUAL *Instructor: Doug Smith*

Parkinson's, MS & More Fitness



Ages: 55 yrs +

This class incorporates exercises targeting deficits specific to people with Parkinson's disease or multiple sclerosis, stroke recovery or movement disorders by emphasizing strength, balance and flexibility movement that targets dexterity, rigidity, akinesia, bradykinesia, postural stability, cognition and gait. The class includes a head-to-toe seated warmup, followed by unique standing exercises and routines. Participants who use a walker or wheelchair are required to have a caregiver or driver with them during the class. This class is continuous and new participants can join at any time.

Location: MRC

Muscle, Core and Balance Training

Ages: 55 yrs +

This class will incorporate machine and free weights, core, balance, and flexibility exercises in a small group. Formerly known as Beginning Weight Training. Join us for a complete body workout.

Location: MRC *Instructor: Stacy Lochowicz, Doug Smith*

Indoor Cycling for Life

Ages: 18 yrs +

Remember riding your bike? Benefits abound from riding a stationary bike: increased movement, less joint pain and more smiles. Learn correct alignment and varied hand positions. Participants assist with equipment set up and breakdown. Bike pedals compatible with athletic shoes, SPD and Look cleats.

Location: ERC Instructor: Barbara Meadows

NEW Stepping On

Stepping On is an evidence-based falls-prevention program that teaches proven strategies to reduce falls and increase self-confidence.

Instructors: Health One Injury Prevention

Th 2:00 – 4:00 PM 12263611

Malley Fitness Orientation

If you are new to the Malley Fitness Center, we suggest attending an orientation. Learn weight room safety, etiquette and receive an introduction to equipment adjustment and proper exercise techniques. This is not a weight training class.

12/1	W	11:00 AM – NOON	12263511
1/5	W	11:30 AM - 12:30 PM	12263512
2/2	W	4:00 - 5:00 PM	12263513







ERC = Englewood Recreation Center, MRC = Malley Recreation Center



STARRED CLASSES (★) ARE INCLUDED IN THE PREMIER ANNUAL PASS. SEE PAGE 25.

ACTIVE ADULT FITNESS							
Class	Activity #	Dates	Days	Time	Location	Fee	Res Fee
★ Fitness Club	12260111	12/1 – 12/29	M, W	9:00 – 10:00 AM	MRC	\$30	\$24
	12260112	1/3 – 1/31	M, W	9:00 – 10:00 AM	MRC	\$30	\$24
	12260113	2/2 – 2/23	M, W	9:00 – 10:00 AM	MRC	\$24	\$19
★ SilverSneakers Classic 🔩	12261011	12/1 – 12/29	M, W	10:15 - 11:15 AM	MRC	\$30	\$24
	12261012	1/3 - 1/31	M, W	10:15 - 11:15 AM	MRC	\$30	\$24
	12261013	2/2 – 2/28	M, W	10:15 - 11:15 AM	MRC	\$24	\$19
★ Total Body Fitness	12260511	12/2 - 12/30	Tu, Th	8:30 - 9:30 AM	VIRTUAL	\$34	\$27
	12260512	1/4 – 1/27	Tu, Th	8:30 - 9:30 AM	VIRTUAL	\$30	\$24
_	12260513	2/1 – 2/24	Tu, Th	8:30 - 9:30 AM	VIRTUAL	\$30	\$24
★ Parkinson's, MS	12260911	12/4 – 12/18	Sa	10:45 AM – NOON	MRC	\$15	\$12
& More Fitness	12260912	1/8 – 1/29	Sa	10:45 AM – NOON	MRC	\$19	\$15
_	12260913	2/5 – 2/26	Sa	10:45 AM – NOON	MRC	\$19	\$15
Muscle, Core and	12263311	12/1 – 12/29	M, W	1:00 - 2:00 PM	MRC	\$36	\$34
Balance Training -	12263312	1/3 – 1/31	M, W	1:00 - 2:00 PM	MRC	\$36	\$34
	12263313	2/2 – 2/23	M, W	1:00 – 2:00 РМ	MRC	\$36	\$34
Indoor Cycling for Life	12260811	12/7 – 12/28	Tu	11:15 ам – 12:15 рм	ERC	\$22	\$17
-	12260812	1/4 – 1/25	Tu	11:15 ам – 12:15 рм	ERC	\$22	\$17
-	12260813	2/1 – 2/22	Tu	11:15 ам – 12:15 рм	ERC	\$22	\$17



55



GENTLE YOGA AND TAI CHI

Beginning/Advanced Tai Chi for Better Balance

Improve your balance while enhancing your agility and coordination with tai chi-based movements. The class format and design have been acknowledged as one of the few evidencebased interventions for the prevention of falls by the Centers for Disease Control and National Center for Injury Prevention and Control. Beginning and advanced classes are offered. Advanced class participation must be approved by the instructor.

Location: MRC Instructor: Patty Vogt

Light Yoga

Ages: 55 yrs +

For individuals who desire a traditional yoga practice but require modifications for mobility limitations, this class is a perfect fit. Gently ease your way through stretches and poses and feel light on your feet. You must be able to get down and up from the floor. Location: MRC Instructor: Barbara Meadows

Seated Yoga

Ages: 55 yrs +

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Location: VIRTUAL *Instructor: Sky Headland*

Gentle Yoga

Ages: 55 yrs +

Let go of stress through a full spectrum of gentle standing, seated and floor poses. Practice with your body. Get detailed explanations of the poses, with time to listen to your body and focus on your aliment in each pose. Focus more on the breath and practice breath work (pranayama). Finish your practice in Savasana with guided relaxation.

Location: VIRTUAL Instructor: Erin Mathiason











Therapeutic Tai Chi

Ages: 55 yrs +

Better manage chronic health conditions and improve overall well-being based on a variety of true evidence-based tai chi styles and forms. Movements are performed in a slow, relaxed manner with continual deep breathing to improve concentration and quiet the body. Strengthen muscles and joints, increase flexibility and coordination, improve posture and balance while integrating the mind, body and spirit.

Location: MRC Instructor: Phred Hall

ACTIVE YOGA AND TAI CHI

Tai Chi Yoga Fusion

Ages: 16 yrs +

Blending the best of both ancient arts, your practice will be filled with gentle, fluid movements, stretches and peaceful poses. Gain physical strength and flexibility, increased energy, inner quietness and more.

Location: VIRTUAL Instructor: Erin Mathiason

Foundations Yoga

Ages: 13 yrs +

Learn the basic yoga poses and breathing techniques. Improve strength, flexibility and stress relief. This is the perfect class for someone with little or no previous yoga experience.

Location: ERC Instructor: Roseanna Frechette

Hatha Yoga

Ages: 55 yrs +

Increase flexibility, build strength, calm the mind, and open the heart with hatha yoga. Hatha yoga is a balanced combination of sustained poses with attention to alignment principles and integrated with the breath. Beginners are welcome to attend; this is an all-levels class.

Location: VIRTUAL Instructor: Erin Mathiason

Core & Hip Yoga

Ages: 13 yrs +

Improve flexibility, balance and strength, with a focus on hips and core, to protect the back. Modifications and props available. Appropriate for beginner to intermediate.

Location: MRC *Instructor: Stephanie Turner*

GENTLE YOGA & TAI CHI							
Class Activity# Dates Days Time Location Fee Res							
Beginning Tai Chi for Better Balance	12255311	1/11 - 3/17	Tu, Th	2:30 – 3:30 рм	MRC	\$94	\$75
Advanced Tai Chi for Better Balance	12255411	1/11 - 3/17	Tu, Th	1:30 – 2:30 рм	MRC	\$94	\$75
Light Yoga	12258211	12/3 – 12/31	Tu, F	8:45 – 10:00 AM	MRC	\$43	\$35
	12258212	1/4 – 1/28	Tu, F	8:45 – 10:00 AM	MRC	\$43	\$35
	12258213	2/1 – 2/25	Tu, F	8:45 – 10:00 AM	MRC	\$43	\$35
Seated Yoga	12258311	12/2 – 12/30	Tu, Th	10:00 – 11:00 AM	VIRTUAL	\$48	\$39
	12258312	1/4 – 1/27	Tu, Th	10:00 – 11:00 AM	VIRTUAL	\$43	\$34
	12258313	2/1 – 2/24	Tu, Th	10:00 – 11:00 AM	VIRTUAL	\$43	\$34
Gentle Yoga	12258511	12/7 – 12/28	Tu	10:30 - 11:45 AM	VIRTUAL	\$31	\$25
	12258512	1/4 – 1/25	Tu	10:30 - 11:45 AM	VIRTUAL	\$31	\$25
	12258513	2/1 – 2/22	Tu	10:30 - 11:45 AM	VIRTUAL	\$31	\$25
Therapeutic Tai Chi	12255111	12/2 – 12/30	Th	10:00 – 11:00 AM	MRC	\$40	\$31
	12255112	1/6 – 1/27	Th	10:00 – 11:00 AM	MRC	\$31	\$25
	12255113	2/3 – 2/24	Th	10:00 - 11:00 AM	MRC	\$31	\$25

ACTIVE YOGA & TAI CHI							
Class	Activity#	Dates	Days	Time	Location	Fee	Res Fee
Tai Chi Yoga Fusion	12255511	12/6 – 12/27	М	4:00 – 5:00 РМ	VIRTUAL	\$31	\$25
	12255512	1/3 - 1/31	М	4:00 – 5:00 РМ	VIRTUAL	\$40	\$31
	12255513	2/7 – 2/28	М	4:00 – 5:00 РМ	VIRTUAL	\$31	\$25
Foundations Yoga	12256211	12/7 – 12/28	Tu	5:45 – 7:00 РМ	ERC	\$34	\$27
	12256212	1/4 - 1/25	Tu	5:45 – 7:00 РМ	ERC	\$34	\$27
	12256213	2/1 – 2/22	Tu	5:45 – 7:00 РМ	ERC	\$34	\$27
Hatha Yoga	12256911	12/1 – 12/29	W	4:00 – 5:00 РМ	VIRTUAL	\$40	\$31
	12256912	1/5 – 1/26	W	4:00 – 5:00 PM	VIRTUAL	\$31	\$25
	12256913	2/2 – 2/23	W	4:00 – 5:00 PM	VIRTUAL	\$31	\$25
Core & Hip Yoga	12257111	12/4 - 12/18	Sa	9:15 – 10:15 AM	MRC	\$23	\$19
	12257112	1/8 - 1/29	Sa	9:15 – 10:30 AM	MRC	\$31	\$25
	12257113	2/5 – 2/26	Sa	9:15 – 10:30 AM	MRC	\$31	\$25

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Pilates exercises with controlled movement improve flexibility, build strength, and develop control and endurance within the entire body. Throughout the class, the priority is to promote alignment and breathing to develop a strong core, which will help improve coordination and balance. The core, which consists of the muscles of the abdomen, lower back and hips, often called the "powerhouse," is thought to be the key to a person's stability. Our program provides safe modifications that range from beginning to advanced, specific to the participant's goals or limitations.

Our 4-Step Pilates Program takes you from an initial orientation to an advanced level for an additional challenge. This program will provide a safe, enjoyable, challenging workout for both the new and experienced Pilates participants.

ENGLEWOOD'S PREMIER 4-STEP PILATES PROGRAM

STEP ONE: Essential Pilates Orientation

Ages: 16 yrs +

Explore Pilates! Pilates is a method of exercise and physical movement designed to stretch, strengthen and balance the body. Learn the history and how the Reformer works. Exercises are low impact and may be adapted for individuals of any fitness level. When completed, your instructor will determine which step will be best for you based on your level. Please register in advance. Once complete, the fee from this class will be applied toward the appropriate next class.

Location: MRC

PILATES PERSONAL TRAINING

Pilates is the perfect exercise for beginners needing one-on-one instruction, experienced exercisers ready for advanced moves, athletes looking to improve performance and individuals in post-rehab following an injury. Each session is 60 minutes.

To schedule, call 303-762-2678 and leave a message requesting either Reformer or mat instruction. Your call will be returned within two business days. Yoga personal training is also available.

PRIVATE: ONE-ON-ONE						
Fee Res. Fee						
1 Session	\$59	\$47				
3 Sessions	\$163	\$130				
6 Sessions	\$300	\$240				

Small group sessions for 2–3 people are available. Please call Personal Training Line for pricing. **Note:** No-shows and cancellations not made with your personal trainer at least 24 hours in advance result in loss of the session.

STEP TWO: Pilates Reformer Principles

Ages: 16 yrs +

In these two private sessions, learn the core principles and concepts of the Pilates method. Once you have completed the private sessions satisfactorily, you may move into the Beginning Pilates Reformer class, and as an extra benefit, receive a \$10 discount coupon on future classes. Call 303-762-2678 to schedule your first private session.

STEP THREE: Beginning Pilates Reformer

STEP FOUR: Continuing Pilates Reformer

Ages: 16 yrs +

Location: MRC

Beginning Pilates Reformer will start you on your Pilates road to success. Beginning Pilates Reformer is designed for those who have completed Essential Pilates Orientation and one session of Pilates Reformer Principles or with instructor's permission.

Ages: 16 vrs

Location: MRC

Build upon your skills to learn more dynamic exercises. Enroll in Continuing Pilates Reformer upon completion of four months of Beginning Pilates Reformer classes or with instructor's permission. *Location: MRC*



PILATES								
Class	Activity#	Dates	Days	Time	Instructor	Location	Fee	Res Fee
STEP ONE Essential Pilates Orientation	12254112	1/3	М	6:05 – 7:05 рм	Michael M.	MRC	\$10	\$10
	12254113	2/7	М	6:05 – 7:05 РМ	Michael M.	MRC	\$10	\$10
STEP TWO Pilates Reformer Principles	12254211	12/1 - 2/25	M – F	8:15 AM - 7:15 PM (Call to schedule)	Michael M.	MRC	\$86	\$69
STEP THREE Beginning Pilates Reformer	12254311	12/1 – 12/29	W	5:00 – 6:00 РМ	Michael M.	MRC	\$80	\$64
	12254312	1/5 – 1/26	W	5:00 – 6:00 рм	Michael M.	MRC	\$64	\$51
	12254313	2/2 – 2/23	W	5:00 – 6:00 рм	Michael M.	MRC	\$64	\$51
STEP FOUR Continuing Pilates Reformer	12254411	12/6 – 12/20	М	11:00 AM - NOON	Michael M.	MRC	\$49	\$39
	12254412	1/3 – 1/31	М	11:00 AM - NOON	Michael M.	MRC	\$80	\$64
	12254413	2/7 – 2/21	М	11:00 AM - NOON	Michael M.	MRC	\$49	\$39
	12254421	12/2 – 12/16	Th	11:00 AM - NOON	Michael M.	MRC	\$49	\$39
	12254422	1/6 – 1/27	Th	11:00 AM - NOON	Michael M.	MRC	\$64	\$51
	12254423	2/3 – 2/24	Th	11:00 AM - NOON	Michael M.	MRC	\$64	\$51
	12254431	12/6 – 12/27	М	5:00 – 6:00 РМ	Michael M.	MRC	\$64	\$51
	12254432	1/3 – 1/31	М	5:00 – 6:00 РМ	Michael M.	MRC	\$80	\$64
	12254433	2/7 – 2/21	М	5:00 – 6:00 рм	Michael M.	MRC	\$49	\$39
	12254441	12/1 – 12/29	W	6:05 – 7:05 рм	Michael M.	MRC	\$80	\$64
	12254442	1/5 – 1/26	W	6:05 – 7:05 рм	Michael M.	MRC	\$64	\$51
	12254443	2/2 - 2/23	W	6:05 – 7:05 рм	Michael M.	MRC	\$64	\$51





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